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Glee star's autopsy done

Cory Monteith overdosed on combination of alcohol and heroin, coroner finds

PAGE 4

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MLA arrested in prostitution sting, resigns

Lured by ad. Mike Allen leaves Tory caucus, all committees, but stays on as an Independent

Confession

"This is a deeply embarrassing moment, and all I can say is I am sorry.... I will work long and hard to regain the trust of the many I have let down."

Mike Allen, MLA for Fort McMurray-Wood Buffalo



Fort McMurray-Wood Buffalo MLA
Mike Allen THE CANADIAN PRESS

An Alberta politician has resigned from the Progressive Conservative caucus after being arrested by Minnesota police in a prostitution sting.

Mike Allen, the member of the legislature for Fort McMurray-Wood Buffalo, was arrested by St. Paul police Monday night.

Allen, 51, was in the city attending a midwestern legislative conference.

The story on the website of the St. Paul Pioneer Press newspaper reports that police allege Allen responded to an ad, met two female undercover officers and agreed to pay for sexual services.

Allen says in a statement that he takes full responsibility for his actions.

"I apologize to my family, friends, my constituents, my colleagues, my staff and to all Albertans for the embarrassment I have caused and for failing to live up to the standards expected of me and the standards I expect of myself," he said in the statement released Tuesday.

"I made ... a profound lapse

of personal judgment. It is my mistake, for which there is no excuse, and for which I accept full responsibility."

Allen has also resigned from all legislative committees he sits on, but will continue to serve in the legislature as an Independent.

Tory whip Steve Young said Allen called him Tuesday morning, told him about the arrest and offered his resignation. Young accepted it.

"It's our expectation that all our members of the legislative assembly conduct themselves with the highest

ethical and moral standards and they should never be put into question," Young said in a telephone interview.

"I think the events that happened in St. Paul through the arrest put (those standards) into question," he said.

The St. Paul newspaper reported that Allen was one of 13 men nabbed in the sting. It quoted Sgt. Paul Paulos as saying officers regularly conduct undercover vice operations and, in this case, lured suspects through the ad.

An online document posted by the Ramsey County Sheriff Department confirmed Allen's arrest and listed a charge of engaging in prostitution. The sheriff's department said Young was released Tuesday morning.

The Pioneer Press reported that the St. Paul city attorney's office said Allen had not been charged. A watch commander with the St. Paul police explained the attorney's office has 36 hours after an arrest to lay formal charges.

THE CANADIAN PRESS

FERENCE COMES HOME
 Defenceman and Sherwood Park-native Andrew Ference met with Edmonton media Tuesday. Ference inked a four-year deal with the Oilers earlier this month. Story, page 20. ANDY DEVLIN/EDMONTONOILERS.COM

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SEE DRIVING SECTION

On the rise

2014 city budget targets 5.1% tax increase

Edmontonians could be paying 5.1 per cent more in taxes next year, after city council gave administration a target for the 2014 operating budget.

The next council, elected this October, will finalize both the budget and the tax rate, but Tuesday's motion is a guideline for administration.

A typical Edmonton home, valued at \$364,000, would pay \$98 more in taxes next year if the increase goes through.

New facilities like the NAIT LRT line, recreation centres and libraries are leading to new staff costs, which is a big part of the projected 2014 increase.

Mayor Stephen Mandel said that's the reality of adding new facilities.

"When you build projects in the city, you have to end up paying for them in some way or form in the operating budget," he said.

Coun. Kerry Diotte said he would like to see more cost cutting, adding he also fears, with some wage settlements still unresolved, the tax increase could still rise.

"You don't have to be a rocket scientist to figure out it could be higher than six per cent," he said.

Coun. Amarjeet Sohi said he believes the city has to have a more frank discussion with the public.

"We need to have some level of understanding with citizens that if you want this level of service, this is what it is going to cost you."

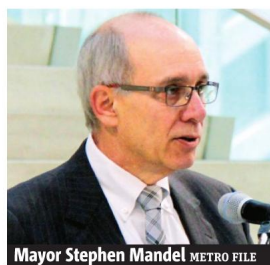
RYAN TUMILTY/METRO

City needs to control labour costs: Mayor

Mayor Stephen Mandel said the City of Edmonton is going to have to play tough with civic unions in the future if it has any hope of controlling its budget.

Mandel said the city has treated its workers generously in the past, but rising financial pressures call for restraint.

"The time has come for government employees to accept ... that they have been remunerated very well over the last num-



Mayor Stephen Mandel METRO FILE

ber of years," he said Tuesday.

Mandel said he would like to see Edmonton follow the province's lead and institute a freeze in salaries.

Edmonton Police Association head Sgt. Tony Simioni said city wages reflect the fact Alberta has a hot labour market, and a freeze only makes sense if costs for workers are holding steady.

"You have to keep labour costs in line with inflation at the very least, and then you

have to factor in the competitiveness in the market," he said.

Mandel said in his time on council there hasn't been an appetite for a tough stance on unions, and it would likely be a tough sell with the public.

"There is reluctance to get into union strife. The public wants to have smooth operating, working cities — and that does not include labour strikes." RYAN TUMILTY/METRO

Brothers remembered by arm-wrestling club**A talented pair.**

Teens participated in multiple tournaments, won nationals in 2012



HEATHER MCINTYRE
heather.mcintyre@metronews.ca

Nearly every Tuesday, Dalin and Logan Torresan would attend practice with the Edmonton Extreme Armwrestling Club.

But the club cancelled practice this week due to the death of the brothers, aged 17 and 14, in a crash on Highway 21 Monday afternoon near their rural Strathcona County home.

Both teens had been part of the club for about a year and a half, said Jeff Miller, senior member of the club and vice-president of Alberta Armwrestling, adding they would arrive every week with their sister Brooklyn and parents Dean and Carole.

"Dean would arm wrestle,



Edmonton Extreme Armwrestling Club members Dan Marfei, left, Jason Tibok and Jeff Miller hold a photo of Dalin and Logan Torresan, along with their father Dean, at the club's practice spot Tuesday evening.

HEATHER MCINTYRE/METRO

and so would Logan and Dalin. And Brooklyn arm wrestles too," said Miller.

"It was kind of like a family outing."

In a post on the Alberta Armwrestling Facebook group, Carole said "the club has become like a family to us, and we had great hopes for our

boys' future in arm wrestling."

She then asked members to attend the funeral service wearing their Alberta shirts.

"I think it's a good idea; it's a cool gesture," said Miller. "The arm wrestling community is not very big. It's a pretty tight-knit community."

"Everyone feels it."

In numbers

3,000

More than 3,000 people had liked a Facebook page remembering the pair as of 5 p.m. Tuesday. A memorial is also growing at the scene of the crash.



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EHS. Pet partnership expands to help prevent heat-related tragedies

A campaign launched by the Edmonton Humane Society last year educating the public about leaving pets in vehicles has been expanded to include Edmonton Fire Rescue.

According to Edmonton Fire Rescue district Chief Dave Matwichuk, firefighters responded to 60 calls about pets in distress in Edmonton in June. So far this July, they have responded to 100.

The campaign urges citizens to first call the Edmonton Humane Society (EHS) at 780-491-3517, instead of 911, when they see a pet in distress.

"(The campaign) went so well last year in awareness that people then started to panic, per se, and just ended up calling 911 as soon as they saw a pet alone in a vehicle," said Shawna Randolph, spokesperson for EHS.

If an EHS officer does not



Animal protection officer James with the Edmonton Humane Society holds Lucy, a Chihuahua, and a vehicle-warning sticker on Tuesday.
ANNALISE KLINGBEIL/METRO

respond to the call within 15 minutes or if there is an emergency, then the person should call 911.

Owners who leave animals in distress in vehicles can face charges under the Animal Protection Act of Alberta.

ANNALISE KLINGBEIL/METRO

Nurses union

UNA files grievance over provincewide layoffs

Alberta's nurses filed a grievance Tuesday, demanding Alberta Health Services stop any layoffs in the province.

The United Nurses of Alberta filed the grievance after receiving a notice about three positions being eliminated at University of Alberta Hospital.

The union said the layoffs have been occurring at other facilities across the province and they are concerned about nursing care. **METRO**

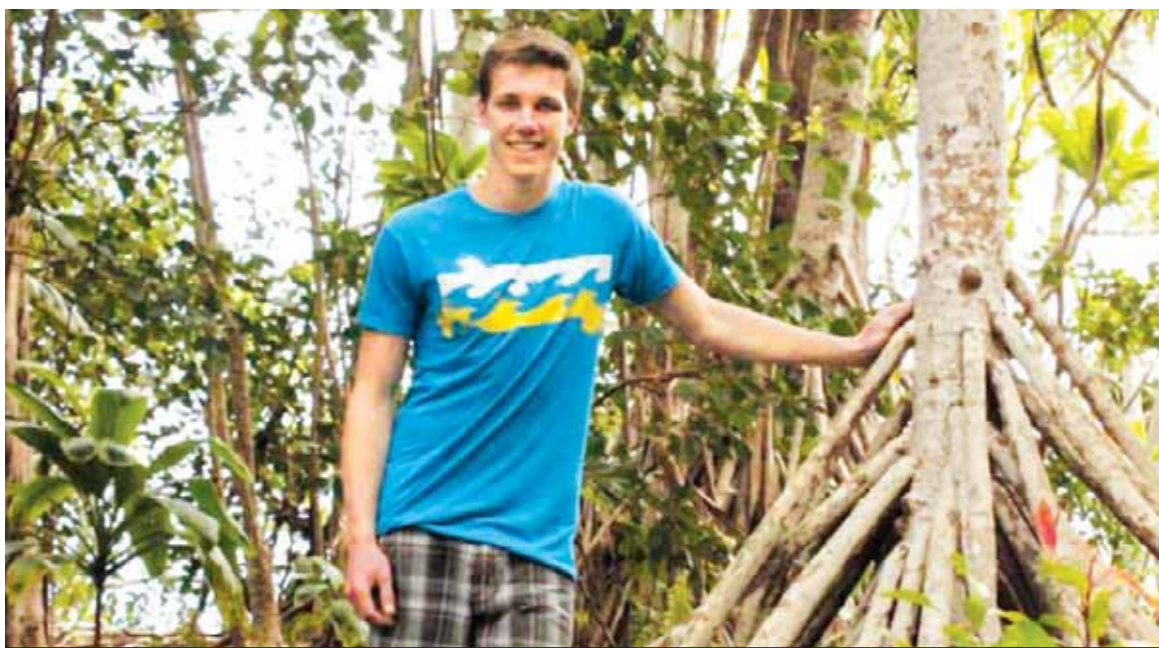
U of A research

Early weight gain in pregnancy means bigger babies: Study

New research from the University of Alberta released Tuesday shows that women who gain too much weight early in pregnancy can expect bigger babies at birth.

The study of 172 expectant mothers who gained weight early found they were nearly three times more likely to give birth to overweight babies than women who put on weight later in pregnancy or not at all.

METRO



Jordan Wilson, 18, seen in this Facebook photo, was killed near Beiseker on Monday while doing highway maintenance. [FACEBOOK.COM](https://www.facebook.com)

'Oodles of drive and a passion for learning'

Jordan Wilson. Transportation minister expresses condolences after U of A student killed in construction work site collision



ANNALISE KLINGBEIL
annalise.klingbeil@metronews.ca

Jordan Wilson had an "insatiable appetite to learn."

The 18-year-old science student at the University of Alberta spent the month of May building homes in Ecuador.

"He wanted to seize life,"

said Rev. Richard Reimer, who works with the U of A's Lutheran Campus Ministry.

After returning from his adventures abroad, Wilson started a job as a highway maintenance worker for Carilion Canada.

He was struck by a three-vehicle collision while working on Highway 21 near Beiseker on Monday. His 19-year-old female co-worker was airlifted to hospital in critical condition.

Originally from Three Hills, Wilson was scheduled to return to his studies this fall and was looking forward to a new role as fundraising co-ordinator of the Lutheran Student Movement, said

Reimer.

"He just had oodles of drive and a passion for learning. He just sucked it up like a sponge.... That was also true with his faith."

Wilson lived in Martin Luther House, a residential Christian community near the U of A, which houses five students who open their home for a weekly dinner.

Wilson was known in the house for drinking milk by the gallon and his impressions of celebrities.

"It's a big loss.... He was a really refreshing person," Reimer said.

Wilson and his co-worker were struck when a transport truck travelling northbound

on Highway 21 failed to stop at a stop sign and collided with a Honda Civic around 12:30 p.m. on Monday. The two vehicles crashed into a parked pickup truck and subsequently hit the highway workers.

"These employees were part of the team helping to maintain Alberta roads for the safety and benefit of all motorists. Our hearts go out to their families and friends during this time," Ric McIver, minister of transportation, said in a news release issued Tuesday.

Charges are pending against the driver of the transport truck, a 35-year-old man from Blackfalds.

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Mix of heroin and alcohol killed Monteith: Coroner

Vancouver. Actor's death last weekend deemed an accident

Glee star Cory Monteith spent his last evening out on the town with three friends before returning to his luxury Vancouver hotel room alone where he took heroin and died early Saturday morning, police and a coroner say.

"There's absolutely nothing, no evidence to suggest this is anything other than the most sad and tragic accident," coroner Barb McLintock said in a news release after her office concluded an autopsy and toxicology tests.

She said the coroners' investigation will continue. Police say the unanswered questions McLintock's office will determine include the levels of alcohol and heroin in Monteith's system and whether the 31-year-old star was the victim of a bad batch of heroin, something which turns up from

Overdose risks

- Aiyanas Ormand, with the Vancouver Area Network of Drug Users, a group that advocates for better public policy around illicit drugs, said seasoned heroin users would "taste" the drug first, meaning they would inject a small amount and get a sense of it.
- "Often where you get people OD-ing, it's with less experienced users or folks who have been in jail or detox and their body was once accustomed to much larger doses.... It can be deadly," he said.

time to time in Vancouver.

But Const. Brian Montague said the police investigation is finished.

He said the two women and another man Monteith were with that night co-operated fully with police.

"We're pretty confident we know where they were or what they were doing," he said.

"There were no signs of a struggle or a robbery. There was evidence in the room that was consistent with a drug overdose."

Montague declined to elaborate. He said officers will not be pursuing where Monteith might have gotten the heroin.

Monteith was a supporter of the Project Limelight Society, a Vancouver charity that offers a theatre program to at-risk youth. His family has requested donations in his name be made to Project Limelight and two other charities.

THE CANADIAN PRESS



Actor Cory Monteith died accidentally after taking heroin and alcohol, officials say. CHRIS PIZZELLO/THE ASSOCIATED PRESS FILE

Florida. The man with no memory

Doctors are looking into the mystery of a Florida man who awoke speaking only Swedish, with no memory of his past, after he was found unconscious four months ago at a Southern California motel.

Michael Boatwright, 61, woke up with amnesia, calling himself Johan Ek, the Desert Sun reported.

Boatwright was found unconscious in a motel room in Palm Springs in February. After police arrived, he was transported to the Desert Regional Medical Center, where he woke up.

Hospital officials said Boatwright may have been in town for a tennis tournament in the Coachella Valley. He was found with a duffel bag of exercise clothes, a backpack and tennis rackets. He also carried four forms of identification, all of which identified him as Michael Thomas Boatwright.

Authorities have been unable to locate Boatwright's next of kin. Photos show him in Sweden at a young age.

THE ASSOCIATED PRESS

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Atlanta, Ga.

Zoo takes great care with panda cubs



Twin panda cubs born Monday. ZOO ATLANTA/THE ASSOCIATED PRESS

Georgia's Zoo Atlanta officials say two giant-panda cubs are being rotated between their mother and an incubator to ensure the newborns are properly fed and getting an equal amount of nurturing.

Lun Lun, a 15-year-old giant panda, gave birth to the cubs Monday. An ultrasound confirmed her pregnancy in June, but officials say they were unaware she was having twins until the second cub was born. The cubs are the first giant-panda twins born in the U.S. since 1987.

THE ASSOCIATED PRESS

Austria

Alleged skull collector charged

Police in Austria's Burgenland province say they

have charged a man with "disturbing the peace of the dead" after finding 56 skulls and other human skeletal remains in his home.

State broadcaster ORF said Tuesday that the bones were taken from graves of a church cemetery. It reports that police became suspicious after the unidentified 47-year-old man tried to sell three of the skulls and two thigh bones at a flea market.

THE ASSOCIATED PRESS

Amherstburg, Ont.

Woman accused of ditching kids for a night out

A Windsor woman is facing charges after she allegedly left her children unattended in a car for hours while she drank and danced at a bar.

The four children, aged two to nine, were found in the parking lot of Shooters Road House in Amherstburg, Ont., on July 7. A concerned citizen heard a baby crying and called the police.

Amherstburg police say the children were left in the vehicle "for a few hours."

Jennifer North, 36, has been charged with four counts of abandoning a child. She will appear in court on Aug. 6. METRO ONLINE

Documents. Aboriginals were nutrition test subjects

Recently published historical research says hungry aboriginals were once used as unwitting subjects in nutritional experiments by Canadian government bureaucrats.

Government documents revealed to researcher Ian Mosby a long-standing experiment that came to span the entire country and involved at least 1,300 aboriginals, most of them children.

It began with a 1942 visit by government researchers to remote reserve communities in northern Manitoba.

They found people who were hungry, beggared by the collapsing fur trade and declining government support. They also found a demoralized population marked by, in the words of the researchers, "shiftlessness, indolence, improvidence and inertia."

The researchers suggested those problems were the results of malnutrition.

Instead of recommending more support, the researchers decided that these people would be ideal subjects for tests on the effects of different diets.

THE CANADIAN PRESS

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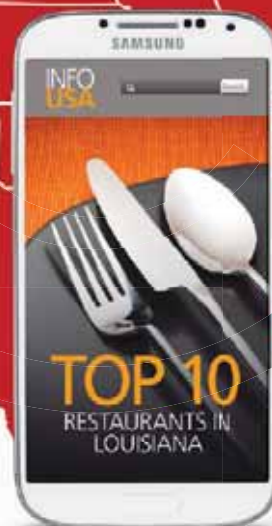


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No way to convict Zimmerman: Juror

The six-woman jury ultimately voted to acquit a neighbourhood-watch volunteer in the killing of an unarmed black teenager after closely examining the law, a juror in the case said Monday.

George Zimmerman was charged with second-degree murder in the fatal shooting of 17-year-old Trayvon Martin last year, but the jury was also allowed to consider manslaughter.

The woman, known as Juror B37, told CNN's Anderson Cooper that when the jury began deliberations Friday, they took an initial vote. Three jurors — including B37 — were in favour of acquittal, two supported manslaughter and one backed second-degree murder. She said the jury started going through all the evidence, listening to tapes multiple times.

"That's why it took us so

Vigils, rallies planned

100

Civil-rights leaders said Tuesday they are planning vigils and rallies in 100 U.S. cities this weekend to press the federal government to bring charges against George Zimmerman.

long," said B37. When they started looking

at the law, the person who initially wanted second-degree murder changed her vote to manslaughter, the juror said. Then they asked for clarification from the judge and went over it again and again. B37 said some jurors wanted to find Zimmerman guilty of something, but there was no place to go based on the law.

B37 said jurors cried when they gave their final vote to the bailiff. **THE ASSOCIATED PRESS**



A fireman walks through debris Tuesday at the site of the train derailment and fire in Lac-Mégantic, Que., that left 37 people confirmed dead and another 13 missing and presumed dead. RYAN REMIOWZ/THE CANADIAN PRESS

Engineer speaks out from exile

Lac-Mégantic disaster.

Lawyer dispels claim that Tom Harding is under 'police control'

Role in accident

Tom Harding's role is a central question in the tragedy. His own company called him a hero before announcing his suspension.

The train engineer at the centre of the Lac-Mégantic disaster investigation is emotionally "devastated" by the tragic event, his lawyer says.

Tom Harding has vanished from public sight, and his lawyer's comments Tuesday shed some light on how he has responded to the tragedy.

Lawyer Thomas Walsh said his client has been staying at an undisclosed location, on his advice, to avoid the constant barrage of journalists at his Eastern Townships home.

Walsh said he's hoping to get Harding psychological help.

Edward Burkhardt, the

head of the rail company, had told reporters last week that his engineer was under "police control" as the subject of a criminal investigation.

"Nothing (of the sort)," Walsh said Tuesday. He said Harding has not been arrested or charged with any crime stemming from the accident.

"He's talking through his hat, as far as I can see."

THE CANADIAN PRESS

Everyday anxiety

Renowned painter Alex Colville dies

Celebrated painter Alex Colville, whose meticulously crafted scenes of everyday life established him as one of Canada's most well-known artists, has died at 92.

His son, Graham, said his father passed away Tuesday at his home in Wolfville, N.S.

Colville began his career as a military artist and documented troops landing on D-Day. Even his most serene works were infused with a sense of unease, as he viewed the world as inherently dangerous and full of anxiety.

Colville's 1953 piece "Man on Verandah" sold for \$1.29 million at an auction in 2010, setting a record for a work by a living Canadian artist.

THE CANADIAN PRESS

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In this image taken from video, two lionfish are shown in an aquarium at the Nova Southeastern University Oceanographic Center in Dania Beach, Fla. Desperate for some kind of control over their populations in the wild, Florida this year enlisted volunteers and amateurs to go after the fish not native to the Atlantic. SUZETTE LABOV/THE ASSOCIATED PRESS

Invasion of the lionfish: Voracious predator spreads

Into the deep. Divers are being encouraged to kill the 25-cm long, one-pound nuisances

The invasive lionfish that crowds coral reefs and preys on native fish in the Atlantic's shallower waters is such a problem that divers in Florida and the Caribbean are encouraged to capture and eat them when-

ever they can.

Lionfish, which have venomous spines, are a well-documented problem in Atlantic coral reefs, where the 25-centimetre-long, one-pound invaders from the tropical parts of the Pacific and Indian oceans live without predators and eat other fish voraciously. What's slowly coming into view is how deep into the ocean their invasion has spread.

Researchers and officials worry that lionfish may undo

Free-for-all

Divers are encouraged to capture and eat any lionfish they encounter to protect reefs and native marine life already burdened by pollution, overfishing and climate change.

efforts aimed at rebuilding populations of native predators such as groupers and snappers. **THE ASSOCIATED PRESS**

J.K. Rowling pseudonym

Signed copy of 'Robert Galbraith' book tops \$3,000

Not many people owned a copy of *The Cuckoo's Calling* before word leaked out over the weekend that author Robert Galbraith

was, in fact, J.K. Rowling.

But among those who did, a handful managed to get a signed edition. And that could mean a lot of money.

Rowling spokeswoman Nicky Stonehill told *The Associated Press* on Tuesday that Rowling, the Harry Potter author, signed "a few copies" of her detec-

tive novel as "Robert Galbraith."

Bids for a signed edition topped \$3,000 on eBay by Tuesday evening.

THE ASSOCIATED PRESS



A buck a call? CRTC rejects pay phone hike, questions future in smartphone age

Canada's telecom regulator is hanging up on Bell Canada's bid to increase the cost of using a pay phone. The Canadian Radio-television and Telecommunications Commission has rejected a request by Bell to charge people more to use coin-operated land lines, a familiar fixture of the pre-cellphone age.

"This is, in our view, a victory for today," said Janet Lo, legal counsel for the Public Interest Advocacy Centre.

"We're very pleased that the commission stood up to Bell's request for the pay phone rate increase, which was in our view not warranted."

The CRTC is also considering whether to take steps to prevent the company from pulling less profitable pay phones out of underserved communities.

Bell and its subsidiary Bell Aliant Inc. had asked for permission to boost the price of a local call to as much as \$1, compared with the cur-

Going the way of the dodo?

The CRTC has launched consultations on the role pay phones play in Canada. The regulator will also ask Canadians whether phone companies should be prohibited from removing the last remaining pay phone in a community.

rent price of 50 cents, and to double the cost of using a credit or debit card at a pay phone to \$2.

In their submissions, the companies said that without a rate increase, they would be forced to get rid of their least profitable pay phones. Pay phone usage has been steadily dropping as more people turn to cellphones, Bell argued.

But the CRTC countered by saying unprofitable coin-operated phones would likely end up being removed anyway, regardless of cost.

THE CANADIAN PRESS

A matter of survival

Sun Media closes papers, cuts jobs

Sun Media Corp. is slashing 360 jobs and shutting down 11 publications across the country, saying it needs to invest more heavily in digital news to lure in younger readers.

In addition to job cuts sprinkled across the country, the newspaper publisher is closing down eight community newspapers and its 24 Hours free daily papers in Ottawa, Calgary and Edmonton.

The company said the plan is expected to yield annual savings of approximately \$55 million.

THE CANADIAN PRESS

TD Bank analysis

Canadian debt not so bad after all

Canadians have certainly been piling up debt but the situation isn't as dire as some have suggested, TD Bank argues in a new analysis.

The analysis notes Canadian indebtedness is 162 per cent of disposable annual income — only one percentage point below the 163 per cent peak reached by U.S. households in 2007.

But TD argues there's a world of difference between how the two countries calculate disposable income.

The U.S. figure doesn't include interest payments on non-mortgage debt, as the Canadian figure does, nor does the U.S. adjust for out-of-pocket health care costs paid by individuals, which tend to be higher south of the border. **THE CANADIAN PRESS**

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NOT EVERY DOG HAS ITS DAY

The daily news is filled with reports of racism, sexism, ageism and absurdism, but a large faction of this country's population silently faces a form of discrimination I like to call anti-caninism. That's right, people who hate dogs. You know the type; distinctly anti-social, but ultra-sensitive to child safety, hypothetical allergies or the physically challenged, as long as the disability doesn't require canine assistance.

Wherever dog owners gather, there is inevitably, some scowling curmudgeon hiding in the bushes taking video of puppies peeing on grass. Oh no! Now, we've exposed the children! For centuries, scientists have been mystified by the various causes of disease, but 'Pooch Patrol' has connected it all to dog urine. Parents beware: Your local park has not been sterilized for your kids' protection.

We belong to a culture spoiled by the freedom to dismiss ourselves from all responsibility. Parents use children as the ex-



JUST SAYIN'
Mike Benhaim

Guest columnist

cuse by which to perpetuate their own ignorance, and we spout improperly learned notions as universal truths.

Now, I'm not implying that the enlightened 19-year-old at 7-Eleven is not thoroughly versed in Canadian law but I recently entered one while holding my 10-pound Maltese.

Apparently, just having a dog exempted me from the basic courtesies afforded to the general public, let alone patrons.

"Mister, you can't have that dog in here!" She told me. When I questioned the hostility, she said, "It's against the law." (Gasp!) Am I a criminal now? Naturally, I probed further. "What about service dogs?" Apparently, our crackerjack legal scholar was ill-prepared for such meticulous cross-examination, as she responded with "Huh?" I specified, "What about seeing-eye dogs?"

And it was then that my clever foe truly earned the right to wear that plastic name tag by delivering a stunning rebuttal of

"It never happens."

Well then folks, I guess the law is clear. Only it really isn't.

Canada's Animal Pedigree Act prohibits animals from direct contact with food preparation. Beyond that, every province, municipality and establishment owner has their own unique set of rules.

Parks, malls and department stores can legally allow your dogs, only many of them choose not to. One manager actually admitted that it depended largely on personality. That of the dog AND its owners.

Hound-friendly malls and patios exist throughout Canada, but all it takes one anti-caninite complaint to spoil the show. It's never about them. These are just selfless citizens doing their part to protect the helpless from your vicious Chihuahuas.

Friends, think of dogs as babies. They can be cute, and at times disgusting, but they are part of the population and deserve to share the world with everyone else. So let's exercise a little tolerance and open public places to man's best friend.

Paul Sullivan will return July 31.

ZOOM

They have a proven track record



SOLENT NEWS

Longest Lego train track built

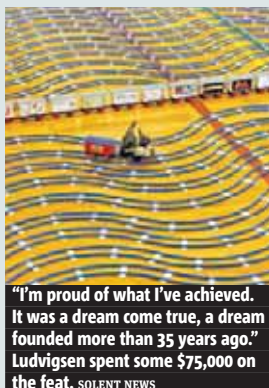
A Lego fan was on the right track when he assembled 93,072 plastic bricks to make the world's longest toy train circuit. Henrik Ludvigsen from Roskilde, Denmark, and a team of 80 others spent 18 months designing the track that measures 4,000 metres, which has earned him a Guinness World Record.

METRO

Lego land

"I was cleaning out a room in our house when I found all my old blue tracks. While my wife was asleep on the couch I went off to surf the Internet and got this crazy idea that I wanted to build the world's longest Lego train track."

Henrik Ludvigsen, 43, technology officer



"I'm proud of what I've achieved. It was a dream come true, a dream founded more than 35 years ago." Ludvigsen spent some \$75,000 on the feat. SOLENT NEWS

A long ride

3 hours, 22 minutes

is the time it took for a Lego toy train to complete a lap of the 4,000-metre-long route.

In 1934, Danish toy inventor Ole Kirk Christiansen named his new company Lego, formed from the Danish words "Leg Godt" meaning "play well." In Latin 'lego' means "I study" or "I put together."

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Excellent news! The Zen offered up by Explore.org's livestream of brown bears chilling in an Alaska river last summer is back for another year. Keep that, and perhaps these others, open in a tab for a bit of nature in your workday.



LONDON LOOKS/Flickr

Puffin Burrow

If your tastes are more avian than ursine, rest easy because the bears aren't the only stars in Explore.org's stable. Get voyeuristic by creeping on a pair of nesting Atlantic puffins off the coast of Maine. (explore.org)

Kitty Cams

OK, fine. This isn't a livestream. But they do have a wildly entertaining first-person collection of noted cat hi-jinx like peeking in neighbourhood

windows, harassing lizards, giving guff to dogs and keeping the stoop possum-free. (kittycams.uga.edu)

Vancouver Aquarium

It's hot. You're stuck at work. Cool off with critters that know how to enjoy the life aquatic. Sea otters, penguins and belugas bring the cute. Jellyfish are standing by in case you need something to synch your Pink Floyd albums to. (vanaqua.org)

Letters

RE: Jenny's Got A View, And I've Got One Too, published July 16

I am neither a fan of The View nor a fan of Jenny McCarthy, however I was surprised and appalled by your opinion of the subject matter of a possible relationship between vaccinations and autism.

My question to you, when you have read your articles to form your opinion around the subject matter of vaccination in relationship to autism, have you considered your sources? Were the surveys that you may have read funded by the pharmaceutical big businesses?

Have you read any articles from

parents who noticed a considerable change in their child after a vaccination? Have you completed a thorough investigation? Based on your comments, I expect that you have not.

I believe that vaccinations are meant to help the community at large, and as we all know they have saved us from much disease and heartache. Is it possible that we may need to revisit or review our ingredients or timeline to vaccinations?

I think that it is disrespectful for individuals with no experience or thorough knowledge to make judgements on others based on their experiences just because their experience differs from your own.

Valerie Doyle

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca

Animated



Turbo

Director. David Soren

Stars. Ryan Reynolds, Paul Giamatti and Samuel L. Jackson

• • • • •
Ryan Reynolds voices Turbo, a snail obsessed with car racing. His need for speed is fulfilled after inhaling engine fumes that rev up his metabolism to the tune of 200 m.p.h., a talent that earns him a spot at the Indianapolis 500. The movie is amiable, with beautiful animation and great voice work from Paul Giamatti and Samuel L. Jackson.

Too bad it's saddled with a dullish script that's as uninteresting as escargot without garlic and butter. It feels padded with music and montages and moves at a snail's pace, which seems like it should be appropriate for this movie, but really isn't. **RICHARD CROUSE**



The Conjuring has some spooky stunts. HANDOUT

Conjuring up a number of familiar horror themes

New movie.
Supernatural flicks aren't anything new but the creepy cranks continue to kill at the box office and on screen



IN
FOCUS
Richard Crouse
scene@metronews.ca

The Conjuring, the new film from Saw co-creator James Wan, plays like a mash-up of The Exorcist and a particularly spooky episode of Ghost Hunters.

Based on true events, it follows one of the most devilishly famous cases of real life paranormal investigators Ed and Lorraine Warren.

The ghostly action begins when the Warrens (Patrick Wilson and Vera Farmiga), self described "demonologists, ghost hunters ... and kooks," are called in to investigate the haunting of a rambling old farm house purchased by the Perron family, Roger (Ron Livingston) and Carolyn (Liv Taylor) and their five daughters.

The house is creepy. Doors slam, someone or something gooses the girls while they sleep, clocks stop at 3:07 precisely and the smell of rotten meat hangs in the air.

It's spooky stuff. And it's not the only supernatural case the Warrens investigated that went on to find notoriety on the big screen.

The Haunting in Connecticut breathes the same air as The Town that Dreaded Sundown, Death Tunnel

or any movie involving evil spirits, a haunted house, an old aboriginal cemetery or former insane asylum.

The film takes its story from the much documented life experience of Carmen Snedeker and her family who were tormented by evil forces after moving into a reconverted funeral home in Southington, Connecticut.

In the real life 1986 case the Warrens were called in and declared the Snedeker house to be crawling with demons, the result of former funeral home workers practicing necrophilia on the site.

How accurate was the movie?

"I was also told about scratching on the walls, blood and seances," Lorraine Warren told MyRecordJournal.com.

"That isn't the type of

things that were occurring within the house at all. The movie is very, very loosely based on the actual investigation."

The eerie couple's most notorious inquiry occurred at 112 Ocean Avenue in Amityville, Long Island.

The paranormal experiences of the Lutz family, who claim to have been terrorized by supernatural forces after moving into a large Dutch Colonial house where Ronald DeFeo, Jr. shot and killed six members of his family, came to be known as The Amityville Horror.

It has been the subject of 10 movies, a number of books and was a memorable case for Lorraine Warren.

"The case itself has affected our personal lives more than any other case we've ever worked on in 54 years of research," she said.

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Sisters Emily Robison, left, and Martie Maguire of the Court Yard Hounds. BRUCE GILBERT/THE ASSOCIATED PRESS

Creative freedom? Release the Hounds

Calling from Milwaukee, getting ready to perform with her sister as part of the Court Yard Hounds, Martie Maguire sounds totally at ease.

"I'm just trying to keep my kids awake, because they want to come up on stage with me and do some Irish

dancing, so I was like, 'Well, it's at 10 o'clock tonight, I don't know,'" she says.

These aren't merely the practical musings of just any mother. From the mid-'90s to the early 2000s, there were few names bigger in country music than the Dixie Chicks,

composed of Maguire, her sister Emily Robison and Natalie Maines. After controversial comments about then-U.S. President George W. Bush turned them into industry pariahs, Maguire and Robison went on to form the Court Yard Hounds, who will re-

lease their sophomore album, *Amelita*, on Tuesday.

"We didn't have to be answering to anything, or writing certain kinds of songs our fans are used to listening to. Creatively, it kind of opens the doors to whatever."

THE ASSOCIATED PRESS

Documentary

Venus and Serena

Director. Maiken Baird, Michelle Major

Stars. Venus Williams, Serena Williams

In this compelling documentary, filmmakers Maiken Baird and Michelle Major follow Venus and Serena Williams throughout the 2011 tennis season — a year plagued with health and

personal problems — and provide a glimpse into the aging titans' struggle to stay on top. Candid interviews cover dating, dysfunctional family relationships, experiences of racism and more, while reminding audiences of the extraordinary impact the Williams sisters have had on the sport.

Ultimately, tennis fans or not, it's easy to appreciate this rare and comprehensive look into the private lives of world-class athletes.

MANORI RAVINDRAN



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Big name performers line up for Alberta Flood Aid

Recovery efforts.

All ticket proceeds from Calgary concert to benefit Flood Rebuilding Fund

Randy Bachman, Tom Cochran and Corb Lund will be among the singers to perform at a benefit concert to help raise money for flood recovery efforts in southern Alberta.

Organizers announced Monday the full lineup for Alberta Flood Aid, to be held at Calgary's McMahon Stadium on Aug. 15.

The list also includes Jann Arden, Matthew Good, Colin James, Loverboy, Johnny Reid, The Sadies, The Sheepdogs and Ian Tyson.

The evening will be hosted by comedian Brent Butt.

All ticket proceeds will benefit The Calgary Foundation's Flood Rebuilding Fund.

The fund supports southern Alberta's long-term com-



Jann Arden will be among the relief performers. HANDOUT

munity rebuilding efforts, including the hardest hit areas of High River, Canmore and nearby First Nation reserves.

"We hope that this event will raise funds for those affected by the devastating flooding, but also bring our community together with incredible artists to celebrate the restorative power of music," said Peter Jurisic, chairman of Alberta Flood

Aid.

"I am very pleased to see members of the music community donating their time and resources to raise money for flood relief," said Calgary Mayor Naheed Nenshi.

Tickets for the event start at \$30 and will go on sale Friday. Ticketmaster has agreed to waive all service fees normally associated with ticket sales. **THE CANADIAN PRESS**

She's going from straight A's to getting her first F.



The To Do List
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The woman behind the crown



Philippa Gregory was intrigued by Elizabeth of York. HANDOUT

Books. Philippa Gregory talks about her writing and focussing on female protagonists

ALISON BOWEN
Metro World News

Philippa Gregory is a master of the engaging tales of British royalty, told from the viewpoint, often, of women.

Her latest book, *The White Princess*, on sale July 23, hinges on Elizabeth of York, who expects to marry Richard III until he is defeated by Henry Tudor — who she is then forced to wed.

This latest novel is part of Gregory's *Cousins' War* series, including *The White Queen*, which debuts as a Starz film at 8 p.m. on Aug. 10.

What inspired you to write this book?

I came across her when I was writing about her son Henry VIII, and I thought, "What an interesting character!"

I came across this really well-concealed scandal that she had probably been the mistress of Richard III. ... It was such a big scandal at the time, and it has been genuinely suppressed.

Most of your books feature women. What do you like about writing female protagonists?

I've spent most of my life working on women and history partly because that's my interest and partly because here are women whose stories simply have not been told. We've got the stories that have been very well recorded, very well repeated of the men who are important at this time, but history has completely obscured the women.

What is your writing process? Do you need to be in a certain place, or a certain atmosphere?

I work on a laptop, so I write really anywhere. I don't have to be at home. I can even write travelling. When I'm writing something which has

got a lot of the characters in it, a lot of historical events, I find it easier to write where I have my research books around me, so I can check them as I go. I write wherever. I like to write every day.

How do you decide what to write?

One of the things that really stimulates me to write non-fiction is that when I come to do the research, I often find there's nothing published, that when readers say, "Where can I find out more?," there is nowhere to send them. Then I feel almost obliged to write something.

What drew you to this particular part of history?

It's a very personal story, a very private story. She's married to a man she doesn't love at all, who is the enemy of her house, who has been the enemy of her country. ... It's about a time of extraordinary change. You almost see this change being worked through with this young woman.

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Jane Lynch explains low-key divorce

More drama-free breakups

To hear Stacy Keibler tell it, she and ex-boyfriend George Clooney ended their two-year relationship on the best possible terms. "There's nothing dramatic that happened, so it's all good," she tells *Extra*. "I'm someone that's always lived the present moment. I always look at the positive on everything."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Fergie ALL PHOTOS GETTY IMAGES

Fergie looking to change both of her names

The pop singer filed a petition in L.A. to legally change her full name from Stacy Ann Ferguson to Fer-

But she'll have to wait until Aug. 16 to find out if the court is cool with it.

Twitter



@RedHourBen

Making sure to sit on couch at least 2 hours today so my muscles wont be shocked by the rest day.



@justinbieber

It isn't just about music & performing 2 me. I care about all of u. I want to make the world better with this gift. Thought u should know :)



@lenadunham

My therapist is looking goooooood.



@SteveMartinToGo

I don't watch zombie movies because I don't really care about zomb AHH AHH AHHH AHHH AHHH AH-HHHHHH AHHHHHHH AHHHHH

The Word

**Kristen
Stewart is not
grimacing
with Michael
Pitt**

Rumours swirled earlier in the week that Stewart may have found a new leading man in former Boardwalk Empire star Michael Pitt since meeting at Paris Fashion Week.

"Kristen's not over Rob but she's getting there, and Michael's helping her through it," a source tells *The Sun*.

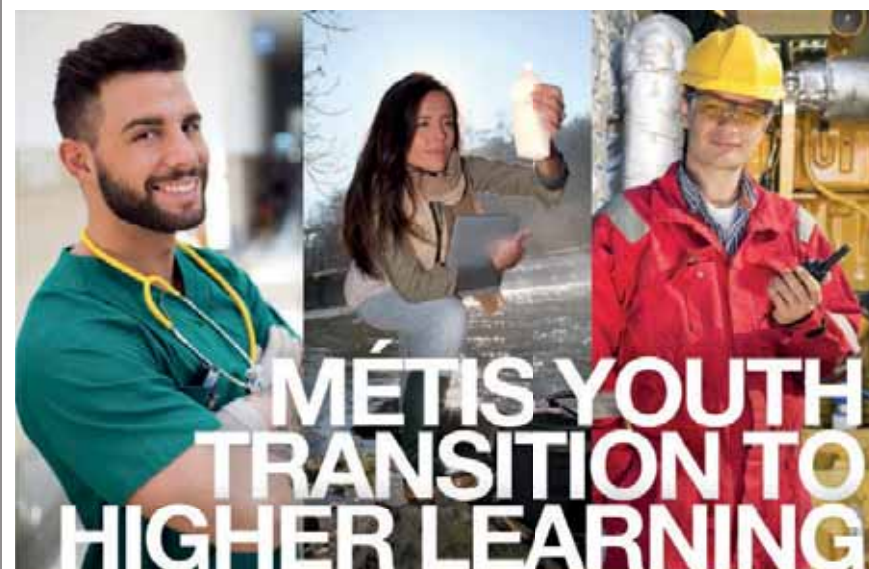
The Sun. "She vowed to throw herself into work and be single this summer, but when she met Michael last week, they hit it off." And the two apparently have a lot in common, according to the source: "They both



hate the spotlight and are smart bookworm types."

But not so, says Pitt's rep, telling E! News, "While we do not comment on our clients' per-

sonal lives, please know that there is absolutely no truth whatsoever to this rumour that Michael Pitt and Kristen Stewart are dating." **PAT HEALY**



Are you a Métis youth eager to change your life? Are you interested in attending a post-secondary institution to begin that journey? If so, the Métis Transition to Higher Learning program may be for you!

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Looking for a Placid time?



AuSable Chasm offers some spectacular views. KATHY BUCKWORTH/METRO

Family fun. Lake Placid mixes natural beauty and a laid-back vibe to make the perfect getaway for stressed out city dwellers

KATHY BUCKWORTH
life@metronews.ca

Busy families looking to unwind, unplug and undo their daily demands will instantly appreciate the aptly titled Lake Placid, with calm waters showcasing a shoreline dotted with "Great Camps", built in a bygone era when wealthy families from New York City hauled their families up north to escape the city heat and bask in the beautiful mountains of the Adirondacks.

The town of Lake Placid has a '50s feel to it, partly because of the protected park status, and partly because the

town embraces the quirky feel of a mountain holiday, year round. It's hard to travel more than 100 feet down the main street, or anywhere in the surrounding area, without tripping over an Adirondack chair (which Ontarians call Muskoka Chairs).

Built five years ago very much in the style of the Great Camps, the luxurious Lake Placid Lodge has become the place to stay, with celebrities and other New York notables on their preferred customer list. The Artisan Restaurant has also become the "unofficial country club" of the many wealthy camp/luxury homeowners in the area. An award winning chef and meticulous attention to detail (not to mention a world class mixologist at the bar) combine to make an extravagant dining experience.

There is a form of accommodation to fit every preference and budget.

The town and surrounding villages offer fun B&B's full of local character, like Nan and

If you go...

Lake Placid is located about a five-hour drive from Toronto. Visit lakeplacid.com for more information.

Red LaFontaine's Paradox Lodge, which features birch bark ceilings and uniquely local antiques. Cozy bedrooms feature modern bathrooms and a wonderful family cottage feel. The Lodge backs onto a bay leading into the lake, and Red's homestyle breakfasts are the perfect start to a busy day getting out to the many outdoor adventures available.

The restaurants and bars are as diverse as the lodgings, with the Brown Dog Café, a popular favourite, featuring fantastic views of Mirror Lake, where diners can watch the sun go down as canoes and kayakers glide by. During the day, it's easy to grab a fresh deli sandwich at The Little Super

Market and head down to the local beach on Lake Everest in Wilmington.

A short drive away, the covered bridge in Jay (rebuilt in 2007) represents the rich history of the area, and the flat rocks that the AuSable River flows over make it the perfect spot to cool off on a hot day.

But it's not all calm in this area of the Adirondacks. During the winter it is the destination of choice for adventurous skiers and snowboarders, anxious to recreate runs they watched during the 1980 Olympics on Whiteface Mountain, and in the summer the hills are taken over by warrior gangs of mountain bikers. The base area around Whiteface, also with protected status, remains untouched by the usual array of condominiums, hotels, bars and restaurants, for a true mountain experience.

The AuSable Chasm is about an hour's drive from Lake Placid, and the spectacle of the chasm is as awesome as the Adventure Trail that's been

developed.

Cable pulls, rappelling and swaying bridges are for the brave of heart. The Intermediate Trail offers a terrific mix of easy strolling and heart stopping rock wall scaling.

The Wild Centre is a great stop to make on the way to or from Lake Placid, situated in Lake Tupper. This 31-acre wildlife conservation area will have the kids entertained with more than 900 live animals.

In the heart of Lake Placid, Olympic Center is home to two arenas, both famous in their own right. The figure skating arena was the site where Sonja Henie won gold during the 1932 Olympics, and the hockey arena is home to the legendary Miracle on Ice match between the Americans and the USSR.

A quick look at the wall plaque reveals that the 1980 Olympics were also the year speed skater Eric Heiden won 5 gold medals and Canadian Gaetan Boucher won a silver medal.



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Mountain Trek.
Can't lose that belly fat? Then B.C.'s Mountain Trek might be the vacation for you

VAWN HIMMELSBACH
life@metronews.ca

Going on a retreat where you exercise like an Olympic athlete while giving up all your vices — caffeine, alcohol, sugar — and severely reducing your caloric intake may not exactly sound like a “vacation.”

But that's the concept behind Mountain Trek, a hiking-focused fitness retreat and health spa in the Selkirk and Purcell ranges of B.C.'s Rocky Mountains, set in a luxury alpine lodge overlooking Kootenay Lake. Once you get through the caffeine withdrawal, you might find it's one of the best vacations you've ever taken.

Though one recent participant said his son kept telling his friends that his dad was going away to “fat camp,” that's not the philosophy behind the program. Rather, it's an “induction” week to reboot your metabolism and promote wellness.

Chronic stress is the No. 1 workforce injury and the foundation of 90 per cent of disease, said Kirkland Shave, program director and lead guide with Mountain Trek. “It's a vacation that's a health investment,” he said.

Many Westerners live a sedentary lifestyle, while eating far more than necessary — and our hormones have adapted to this “catabolic” state. This results in everything from fat storage to muscle loss, tissue inflammation, fatigue and chronic stress. Oh, and premature aging.

Aside from providing a “fat flush,” the program also provides tips to help reduce stress and anxiety, rebalance hormones, reset sleep patterns, re-focus nutritional patterns and release toxins.



After a long day of exercise, kick back at the lodge. HANDOUT

That being said, almost all participants have lost weight, reduced their fat percentage, and whittled their hip, waist and chest circumference in about a week. Men lose an average of 6 to 8 pounds a week, while women lose an average of 4 to 6 pounds.

This is a typical day at Mountain Trek: Wake up at

6 a.m., fuel up with a herbal tonic and protein shake, do an hour of yoga, eat breakfast, then head out on a three-to five-hour trek in a different location each day (guests are divided into groups based on fitness level, accompanied by experienced guides). Back at the lodge, guests take seminars on topics ranging from

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nutritional pillar of the program rests on healthy eating patterns to balance blood sugar and hormones to raise metabolism. The meals are, surprisingly, delicious (there's even steak). This is no vegan affair (unless, of course, you're vegan, in which case the meals will be catered to your needs). It's low calorie (1,200 for women, 1,400 for men), low fat, low salt, high fibre, high protein and high vegetable content, with no simple or processed carbs.

Part of the detox process often involves a descent into darkness. There's a term for it: Herxheimer's. This typically happens on the third day, where the detoxification process can lead to headaches, nausea, rashes and emotional ups and downs. Fortunately, this passes. It doesn't hurt that you'll spend the week in a serene, scenic setting, with a high guide-to-participant ratio to provide a personal and supportive environment. “The best gym in the world is nature,” said Kirkland. “That's our secret ingredient.”

nutrition and fitness to sleep and stress management.

At 5:15, it's dinner, and at 6 p.m. you're hitting the gym for a cardio class (from boxing to interval training) and, on alternate days, weight training. Then it's a hydrotherapy circuit (hot tub, sauna and steam), perhaps a massage, and then bed. At that point, you'll be too exhausted to check your email (in fact, there's limited Wi-Fi, so you're also taking a detox from technology).

There is no “diet” per se. The

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One-dish pasta makes it easy to keep it simple — and get out of the kitchen



ROSE REISMAN
for more, visit
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her on twitter @rosereisman

This is a great one-dish meal that's perfect for a quick dinner. Have a large leafy salad to start. If you want a more savoury flavour, use spicy sausage.

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Drain and place in serving bowl.

2. In large non-stick skillet, heat oil; sauté garlic, onions, green peppers and zucchini until tender, approximately 5 minutes.

3. Add sausage and beef; sauté just until cooked, approximately 10 minutes.

4. Add tomatoes, olives, basil and oregano; simmer for 15 minutes, until sauce thickens, stirring occasionally. Pour over pasta, and toss. **ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN**

Ingredients

- 12 oz radiatore or penne
- 2 tsp vegetable oil
- 2 tsp crushed garlic
- 3/4 cup chopped onions
- 3/4 cup chopped sweet green peppers
- 2 cups chopped zucchini
- 6 oz sweet sausages, skinned

- and chopped
- 6 oz ground beef
- 2 1/2 cups canned or fresh tomatoes, crushed
- 1/3 cup sliced black olives
- 2 tsp dried basil
- 1 tsp dried oregano

Radiatore with Sweet Sausage, Zucchini and Tomatoes



This recipe serves eight. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

Drink of the Week

Lavender Sour

Beat the heat with this exquisite blend of flavours, including lime juice, lavender bitters and egg whites.

- 1.5 oz Belvedere vodka
- 0.6 oz fresh lime juice
- 3/4 oz simple syrup
- 0.3 oz egg whites
- 2 dashes of lavender bitters

Dry shake then add ice and shake again. Strain into chilled martini glass and garnish with an expressed lemon twist.



PHOTO AND RECIPE
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Love your veggies

Pasta is often mistaken as one of those foods that we need to cut back on due to recent fads promoting low-carb diets. However, despite misconceptions, pasta does provide the perfect foundation for a healthy meal.

Andrea Holwegner, a Canadian registered dietitian, offers some insight that may change the way you think about this

Ingredients

- 1 box Barilla PLUS rotini
- 4 tbsp (50 ml) olive oil
- 1 medium yellow onion, cut into 1-inch dice
- 3 cloves garlic, chopped
- 2 anchovies, chopped
- 1 large each yellow and red peppers, seeded and cut into 1-inch dice
- 1 medium eggplant, peeled and cut into 1-inch dice
- 1 medium zucchini, sliced
- 1 medium yellow squash, halved and sliced thin
- 15 oz. can quartered artichoke hearts packed in water, drained
- 28 oz. can whole peeled tomatoes and juice
- Salt and pepper, to taste
- 1 tsp Italian seasoning
- 1/4 cup pine nuts, toasted
- 1 bunch fresh basil, julienned



This recipe is ready in 45 minutes. NEWS CANADA

popular food.

Pasta is a good source of energy, she says, because carbohydrates supply the body with its key energy source — glucose. Consuming carbohydrates can help improve performance in a high-intensity exercise, such as swimming or soccer for 90 minutes or longer.

Holwegner also points out that pasta can be a calorie-friendly food. A one-cup serving of cooked pasta is about 200 calories, is low in fat (about 1 gram, with no saturated or trans fats), cholesterol-free, and is low in sodium.

Embrace pasta with this delicious Ratatouille.

1. Bring pot of water to a boil.

2. In skillet sauté onion in olive oil for 5 minutes. Add the garlic and anchovies and sauté for 1 minute. Add the peppers and eggplant and sauté for 3-4 minutes. Once that is lightly browned, add the zucchini, squash and artichokes and sauté for 2 minutes.

3. Stir in the tomatoes and bring the sauce up to a simmer, season with salt, black pepper, and Italian seasoning. Cook for 10 minutes, or until tomatoes start breaking down.

4. Meanwhile, cook pasta according to package directions, drain and toss with sauce. Top with toasted pine nuts and basil. **NEWS CANADA/BARILLA.CA**

Prosperity's path: From a foot in the door to a face at a desk

Work wonders.

An expert shares his top tips on how students and new grads can get through the application process and on to the interview

MEGHAN GREAVES
TalentEgg.ca

"How do I get my foot in the door?" is just the tip of the question iceberg when starting your job hunt.

To help answer this question, we spoke with head hunting expert David Perry, who the Wall Street Journal calls the Rogue Recruiter.

Begin with clarity

Starting your job search with clarity starts with determining the top 10 to 20 employers you want to work for. Doing this is much simpler than you may think.

David recommends that you "figure out what your top three skills are that you can bring to an employer" and go from there.

Then you can search for employers online who are looking for these exact skills and use this to create your wish list.

Put yourself online, professionally speaking

Luckily for many Gen Ys, this is virtually a natural instinct. Yet, creating a professional online presence is where we lack skills occasionally. This may be because we don't know how



How do you plan to get that shake of the hand? ISTOCK

to or because we're nervous that what we have to offer won't be good enough for an employer.

According to David, we shouldn't feel this way at

all. When getting online (in a professional manner), keep these three things in mind:

1. Don't let lack of experi-

2. Don't overlook the skills developed in school: project management, interpersonal, communication, organization, research, writing. These are all very applicable skills that employers love.

3. Even if your LinkedIn account isn't bursting with information, David encourages you to remember that this still puts you ahead of those who aren't online.

Let others sell you

Stand out to potential employers by including brief testimonials on your resumé or cover letter. Even though these quotes might be brief, David says, "One testimonial from another person is worth 10 claims made by you."

Remember, rejection isn't forever

Needless to say, not being chosen for a position is discouraging.

But to make the most out of the situation, David suggests always sending a handwritten thank you note.

Not only does this show the employer that you're a respectful person, they may call upon you in the future or refer you to another company where they believe you'll be a great asset!

He also encourages young job hunters to remember that "persistence and understanding are a part of the process, and there are people behind this process — not machines!"

TALENTEgg.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Your thoughts?

@TalentEgg: #QuestionoftheDay: What's one skill that you use all the time in your job/internship/at school?

• @JodOwens: adaptability! Need to be able to do/learn anything your managers throw at you.

• @Shannon4RBC: Time management is key! As a recent student my past volunteering experience prepared me to take on the working world :)

• @Recruiterette: Communication! No matter what your role, you need to work well in a larger team and get your point across clearly.

• @WorkBCVan_PICS: The ability to multitask/prioritize tasks!

• @BASSMRU: effectively managing your time between school, work, and anything else you might have going on (sports, clubs, volunteering).

• @EmilieGagnon2: Writing clearly and concisely and keeping a positive attitude!

• @SanchiaL: Time Management using my to-do lists! My daily yoga and meditation practice expands my energy to give 100% to everything!

• @mrstephenchin: listening skills! Regardless if its passive.. active or extra strength!

• @megsgreaves: Prioritizing. Whether it's school, personal life or work I always find that prioritizing tasks makes me more productive!



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Sweeping up the dirt on your desktop

A site to see. Keeping your online persona pristine is as important as ironing your shirt on interview day

ROSIE
HALES

TalentEgg.ca

Remember that post you liked on your friend's timeline last week? It could have been a totally innocuous link of 32 must-see cute animal pictures or it could have been a slightly compromising picture of you in the hours that proceeded happy hour. Either way, you've left a data trail that people will be able to see for years to come.

No, this isn't the work of an expert Facebook user. It's a reality that job seekers with an online presence must become familiar with if they wish to succeed in their job hunt.

According to a survey by McAfee it seems that people are worried about their online personas.

In fact, 46 per cent of 18-to-



Clean up the content: Many companies will perform background checks on potential employees to check if they will represent the brand in a professional manner. ISTOCK

34-year-olds polled were concerned about how they look online.

Brenda Moretto, Canadian Consumer Manager at McAfee,

said that a poor digital reputation could hurt a new graduate in their job hunt in a number of ways.

"Job markets are competi-

tive and anyone looking for a job needs every advantage they can have," Moretto said, adding that this means that job seekers definitely don't want to have anything negative in their digital trail.

If a potential employer saw something unsavoury on an applicant's Facebook page or other online profile, Moretto said this could lead to the applicant not getting the job.

"If I'm an employer then I'm looking for someone who is going to represent my brand," she said.

"If they had a negative digital footprint then it wouldn't be aligned," Moretto said.

16 per cent of people polled knew someone who had been fired because of a personal image or message posted online.

People are constantly on smartphones and aren't posting pictures of each other volunteering or studying as much as they are of their friends in a compromising position.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Empressive!

Brenda Moretto suggested four tips that McAfee developed in the hopes of keeping online profiles of job-seeking generations appropriate for landing their dream job:

- **Polish it:** Treat your online presence as well as you would your resumé. You never know who might be looking you up.
- **Secure it:** Try to manage what others can see online. Don't forget that whatever your or your friends "like" on Facebook, for example, stays there for everyone else to see. Remember that even if your profile is as secure as secure can be and you've changed your name to make yourself unsearchable, you still have Facebook friends, Twitter followers or LinkedIn connections that can see everything you do. What will happen if your relationship

with one of these people turns sour? Be aware of the fact that whatever you put online is available to people that might not always have your best interests at heart.

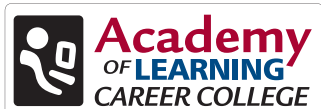
- **Hold it:** A good rule of thumb to use when deciding whether to put those happy hour pictures online is "is this something I would want my boss, colleagues or grandma to see?" If not, don't post it.
- **Protect it:** Don't share any passwords with your friends. Who knows what they will post. McAfee also discovered that 60 per cent of people store personal or intimate information on their cellphones, but only 40 per cent of people enable password protection on these devices. Punching in a password is a three second task that could save you a lot of money, worry and dignity.

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Grab the bully by the horns

Face the fearsome. It's often true that honey attracts more bees, but with an office antagonist, calm confrontation is key

ALISON BOWEN
Metro World News

Maybe they swiped your papers from the copy machine.

Or "accidentally" left you off the email about a super-productive lunch meeting, for the third time. Or perhaps you avoid their cubicle, knowing every interaction turns aggressive. File all these scenarios under workplace bullying.

"Bullying, actually, many times is considered legal, believe it or not," says Mike Dreiblatt, president of Stand Up To Bullying. Unlike harassment, often covered in human resources handbooks as behaviour toward employees because of race, religion or ethnicity,

bullying brings greyer edges.

One complicating factor? Ambition and being assertive are part of a cocktail that usually equals success in cities, Dreiblatt says.

But when assertive melds into aggressive, a bully sprouts.

"When you assert, you assert yourself," Dreiblatt says. "When you're aggressive, you're aggressive to someone else."

Bullies often target multiple people, he says, but even just one person's awful cubicle experience can affect company morale — for example, turnover.

"Sometimes that aggressive individual does bring in more money for the company," he explains.

But his caution for employers? "They bring down the productivity of everyone else in the end. There's a net loss, not a net gain."

Dreiblatt suggests first finding out your company's policy on bullying, if they have one.

Then, if you confront an aggressive person, have another person present, he

advises.

"Make sure someone else is there who is able to witness the confrontation," he says.

And document, document, document. Write down each encounter — when it happened, what happened, who witnessed it. Many might be tempted

to attempt to kill bullying with kindness. Good luck with that, Dreiblatt says.

"The idea that you're going to somehow buy them a pound cake and they're going to be nice to you probably isn't going to happen," he says. "This person has already shown themselves to be aggressive."

Solutions?

Tips on how to handle a bully

- Find out your office's policy on bullying.
- Document everything.
- Have a witness if you choose to confront the bully.
- Practice what you will say to the person.

- Create a script for yourself.
- Keep it short. "Less is more," he says.
- Describe the behaviour you find unacceptable, say it is not acceptable to you and explain how you request that they act in the future. Also say what you will do if it persists, such as meet with a manager.

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2020 - 101 Street S.W., Edmonton, AB, T6N 1J2
750 St. Albert Road, St. Albert, AB, T8N 7H5
6725 - 104 Street N.W., Edmonton, AB, T6H 2L3
13360 137th Avenue, Edmonton, AB, T5L 5C7
200-390 Baseline Road, Sherwood Park, AB, T8H 1X1
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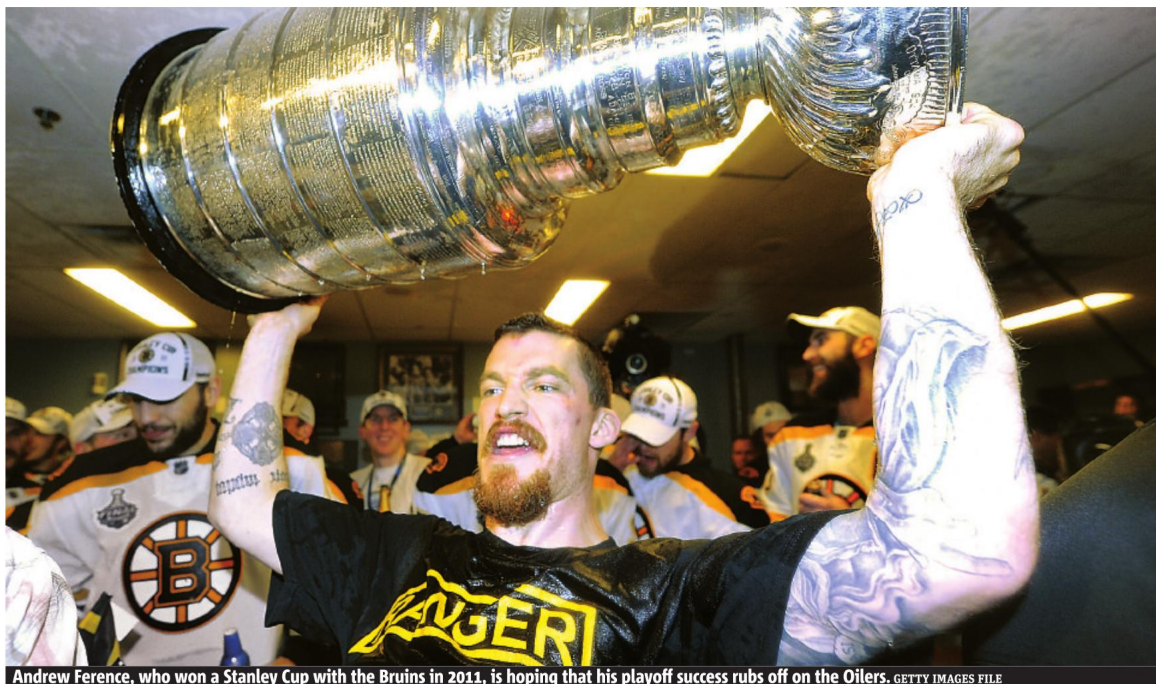


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ISTOCK



Andrew Ference, who won a Stanley Cup with the Bruins in 2011, is hoping that his playoff success rubs off on the Oilers. GETTY IMAGES FILE

Could he be the dif-Ference maker?

NHL. New Oilers defenceman says he feels a responsibility to help team return to the playoffs

Andrew Ference remembers what it was like when he arrived in Boston in 2007, before the Bruins' run of six straight playoff appearances, when fans weren't hockey crazy and players hadn't proven anything.

"It was a bunch of guys

with no playoff experience — hadn't been in the playoffs for a number of years," Ference said.

After signing a four-year deal with his hometown Edmonton Oilers earlier this month, the veteran defenceman is back in a similar position on a team that hasn't made the playoffs since 2006. Ference hopes he can help orchestrate a similar turnaround.

"You realize how easy it is to build on potential and have the tide turn fairly quickly," Ference said. "You look at this team and how close it is to kind of getting over that hump, it's

Quoted

"I'm sure they're eager to shake off that label of potential."

Andrew Ference, on the Oilers taking the next step.

exciting. It's really neat to be a part of that, and to see potential turn into reality is a pretty special thing to be a part of."

The 34-year-old Ference brings Stanley Cup-winning experience to a young Oilers team that features a core of No. 1 picks Taylor Hall, Ryan

Nugent-Hopkins and Nail Yakupov. Ference won't be counted on to be a star, but he has expectations for himself to end the post-season drought.

"Of course I come in feeling a huge responsibility, just like I think every guy on the team probably should," he said. "That's the only way to take the next step forward."

Ference grew up in the Sherwood Park area of Edmonton and his parents were season-ticket-holders, so he witnessed first-hand the Oilers' glory years, when they won five Cups in seven years.

THE CANADIAN PRESS

CFL

Sheets rewarded for running over Argonauts

Running back Kory Sheets is the CFL's offensive player of the week after helping the Saskatchewan Roughriders remain the league's lone unbeaten team.

Sheets ran for a career-high 178 yards and two TDs in leading Saskatchewan past the Toronto Argonauts 39-28 on Thursday night in Toronto. Sheets leads the CFL in rushing with 442 yards, the most to start a season after three games.

Riders linebacker Renaud Williams was named the top defensive player, Calgary kicker Rene Paredes was named top special-teams player and Toronto receiver Andre Durie claimed top Canadian honours.

THE CANADIAN PRESS

MLB

PED-related bans not imminent: Players' union

The baseball players' association says any suspensions resulting from the sport's latest drug investigation likely won't be served until next year if the discipline is challenged before an arbitrator.

Former MVPs Alex Rodriguez and Ryan Braun are among the more than a dozen players under investigation for ties to Biogenesis, a closed anti-aging clinic in Florida linked with the distribution of performance-enhancing drugs. THE ASSOCIATED PRESS

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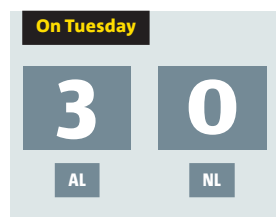
Rivera caps perfect All-Star Game career

MLB. Sandman leads AL pitchers in laying NL bats to rest; named match's MVP

Mariano Rivera pitched a perfect eighth inning in his final All-Star appearance, Toronto's Jose Bautista, J.J. Hardy and Jason Kipnis drove in runs to back a night of pulsating pitching, and the American League beat the National League 3-0 Tuesday night to stop a three-year losing streak.

Ten pitchers combined a three-hitter and the 43-year-old Rivera, who is retiring at the end of the season, remained unscored on in nine All-Star innings. Rivera won the MVP award. The only older pitcher to appear in an All-Star game was 47-year-old Satchel Paige.

Rivera was left alone on the field for a 90-second standing ovation, waving his cap to



the crowd and touching it to his heart as the other All-Stars watched from the dugout railing and applauded.

Bautista had a sacrifice fly in the fourth off Patrick Corbin that stopped the AL's 17-inning scoreless streak. Hardy added a run-scoring grounder in the fifth against Cliff Lee and Kipnis hit an RBI double in the eighth off Craig Kimbrell.

Matt Harvey and Max Scherzer dazzled with pitching at the start. Harvey threw two scoreless innings, striking out three, and Scherzer retired the side in order in his only frame.

THE ASSOCIATED PRESS



Mariano Rivera acknowledges a standing ovation after pitching a flawless inning in the MLB All-Star Game on Tuesday. MATT SLOCUM/THE ASSOCIATED PRESS

NHL. Penner flies back to Ducks on one-year deal

Dustin Penner has signed a one-year contract with the Anaheim Ducks.

Penner spent the past three seasons with the Los Angeles Kings. He had two goals and 12 assists last season and seven goals and 10 assists in 2011-12.

The 30-year-old left-winger had 32 goals and 31 assists during a career year in 2009-10 with the Edmonton Oilers. In 522 career NHL games, Penner has 137 goals and 138 assists.

Penner's deal is reportedly worth US\$2 million. He previ-



Dustin Penner GETTY IMAGES

ously made \$3.25 million on a one-year contract with the Kings.

Penner spent his first two seasons with Anaheim.

THE CANADIAN PRESS

NHL

Kings acquire pesky Carcillo

The Los Angeles Kings have acquired forward Daniel Carcillo in a trade with the Chicago Blackhawks.

The Blackhawks, who beat the Kings in the Western Conference final on their way to the Stanley Cup title, received



Daniel Carcillo GETTY IMAGES

a conditional selection in the 2015 draft.

The 28-year-old Carcillo had two goals and an assist in 23 games

this season with Chicago. He had one assist in four playoff games. **THE ASSOCIATED PRESS**

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	58	39	.598	—
Tampa Bay	55	41	.573	2½
Baltimore	53	43	.552	4½
New York	51	44	.537	6
Toronto	45	49	.479	11½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	52	42	.553	—
Cleveland	51	44	.537	1½
Kansas City	43	49	.467	8
Minnesota	39	53	.424	12
Chicago	37	55	.402	14

WEST DIVISION

	W	L	Pct	GB
Oakland	56	39	.589	—
Texas	54	41	.568	2
Los Angeles	44	49	.473	11
Seattle	43	52	.453	13
Houston	33	61	.351	22½

Tuesday's result

American League 3 National League 0

HOME RUN DERBY WINNERS

2013 — Yoenis Cespedes, Oakland (Citi Field)

2012 — Prince Fielder, Detroit Tigers

(Kauffman Stadium)

2011 — Robinson Cano, N.Y. Yankees (Chase Field)

2010 — David Ortiz, Boston Red Sox (Angel Stadium)

2009 — Prince Fielder, Milwaukee Brewers

(Busch Stadium)

2008 — Justin Morneau, Minnesota Twins

(Yankee Stadium)

2007 — Vladimir Guerrero, Los Angeles

Angels (AT&T Park)

2006 — Ryan Howard, Philadelphia Phillies

(PNC Park)

2005 — Bobby Abreu, Philadelphia Phillies

(Comerica Park)

2004 — Miguel Tejada, Baltimore Orioles

(Minute Maid Park)

2003 — Garret Anderson, Anaheim Angels

(U.S. Cellular Field)

2002 — Jason Giambi, New York Yankees

(Miller Park)

2001 — Luis Gonzalez, Arizona Diamond-

backs (Safeco Field)

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	54	41	.568	—
Washington	48	47	.505	6
Philadelphia	48	48	.500	6½
New York	41	50	.451	11
Miami	35	58	.376	18

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	57	36	.613	—
Pittsburgh	56	37	.602	1
Cincinnati	53	42	.558	5
Chicago	42	51	.452	15
Milwaukee	38	56	.404	19½

WEST DIVISION

	W	L	Pct	GB
Arizona	50	45	.526	—
Los Angeles	47	47	.500	2½
Colorado	46	50	.479	4½
San Francisco	43	51	.457	6½
San Diego	42	54	.438	8½

CYCLING

TOUR DE FRANCE

At Gap, France

Tuesday's results

1. Rui Alberto Costa, Portugal, Movistar Team, 3 hours, 52 minutes, 45 seconds; 2. Christophe Riblon, France, AG2R-La Mondiale, 0:42 behind; 3. Arnold Jeannesson, France, FDJ, 0:42.

ALSO

101. David Veilleux, Cap-Rouge, Que., Team Europcar, 20:57; 118. Ryder Hesjedal, Victoria, B.C., Garmin - Sharp, 20:57; 166. Svein Tuft, Langley, B.C., Orica Greenedge, 21:46.

OVERALL STANDINGS AFTER 17 OF 21 STAGES

1. Christopher Froome, England, Sky Pro Cycling, 65 hours, 15 minutes, 36 seconds; 2. Bauke Mollema, Netherlands, Belkin Pro Cycling, 4:14 behind; 3. Alberto Contador, Spain, Team Saxo-Tinkoff, 4:25.

ALSO

72. Ryder Hesjedal, Victoria, B.C., Garmin - Sharp, 1:28:54; 137. David Veilleux, Cap-Rouge, Que., Team Europcar, 2:23:44; 179. Svein Tuft, Langley, B.C., Orica Greenedge, 2:57:30.

CFL

WEEK 4

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	3	1	2	0	83	97	2
Montreal	3	1	2	0	63	74	2
Winnipeg	3	1	2	0	72	74	2
Hamilton	3	1	2	0	79	89	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	3	3	0	0	114	67	6
Calgary	3	2	1	0	87	82	4
B.C.	3	2	1	0	73	63	4
Edmonton	3	1	2	0	51	76	2

Friday's game — All Times Eastern

Toronto at Winnipeg, 8 p.m.

Saturday's games

Montreal at Calgary, 7 p.m.

Edmonton at B.C., 10 p.m.

Sunday's game

Hamilton at Saskatchewan, 7 p.m.

SOCCER

MLS

Wednesday's games — All Times Eastern

New England at Colorado, 9 p.m.

Toronto FC at Chivas USA, 10:30 p.m.

Saturday's games

New York at Toronto FC, 4 p.m.

Colorado at Seattle, 4 p.m.

FC Dallas at Montreal, 7 p.m.

Portland at Philadelphia, 7:30 p.m.

New England at Columbus, 7:30 p.m.

D.C. at Chicago, 8:30 p.m.

Kansas City at Real Salt Lake, 10 p.m.

Vancouver at Los Angeles, 10:30 p.m.

UEFA

CHAMPIONS LEAGUE

Qualifying — Second Round

First Leg

Shakhter Karagandy (Kazakhstan) 1 BATE

(Belarus) 0

Dinamo Tbilisi (Georgia) 6 EB/Streymur

(Faeroe Islands) 1

Fimleikafelag Hafnarfjaroar (Iceland) 1 FK

Ekranas (Lithuania) 0

FK Sutjeska (Montenegro) 1 Sheriff Tiraspol

(Moldova) 1

Ste.Bucharest (Romania) 3 Vardar Skopje

(Macedonia) 0

Viktoria Plzen (Czech Republic) 4 FK

Zeljeznicar (Bosnia-Herzegovina) 3

NK Maribor (Slovenia) 0 Birkirkana FC

(Malta) 0

Dinamo Zagreb (Croatia) 5 Fola (Luxem-

bourg) 0

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2014 Mercedes-Benz CLA



ALL PHOTOS WHEELBASEMEDIA.COM

Review. A new Mercedes for \$35,000?! Here it is ...

MALCOLM GUNN
wheelbasemedia.com

It might be hard to believe, but it appears as though Mercedes-Benz has caught the rest of the automotive world napping.

This fall, the automaker will introduce a front-wheel-drive sedan to North America that almost anyone pinning for a loaded-up Honda Accord, Ford Fusion or Toyota Camry can afford. But wait, as TV infomercial hawkers are fond of saying, "there's more". The 2014 CLA's sporty body cladding and other trim makes it appear far from stripped-down basic-transportation, although with a sticker price that's a few ticks below \$35 grand, it's priced like one.

Other than being pulled

by the front wheels (with all-wheel-drive optional), what's most unusual about the CLA is that it doesn't offer the kind of roomy practicality that's a given when it comes to nearly every mid-size sedan. That's because Mercedes stylists drew their inspiration from the larger CLS-class faux coupe, a low-slung, wind-cheating luxury ride that remains one of the most imitated models on the planet (see Aston Martin Rapide, Volkswagen CC, Audi A7 and Ford Fusion). Things get much simpler when it comes to powertrain offerings.

The first-to-arrive CLA250 that heads here this September from its home base in Hungary comes with a turbocharged 2.0-litre four-cylinder engine that produces 208 horsepower and 258 pound-feet of torque at an engine speed that's just above idle. This helps propel the car to 100 km/h from rest in a quick 6.7 seconds, as recorded

by Mercedes-Benz.

When the launch party has concluded, M-B will ship the CLA45 AMG to North America. This performance model also features a 2.0-litre turbo-four, only the block has been strengthened and a higher-output turbocharger produces nearly twice the boost of the CLA250's.

Both models use a seven-speed dual-clutch automated manual transmission with paddle shifters, but the AMG adds 4MATIC all-wheel-drive that sends up to 50 per cent of the torque to the rear wheels, as needed. 4MATIC will be included on the CLA250's options list later in the model year.

Already that list is a long one, even though base CLA250 models will arrive with plenty of content, including a sport suspension, Attention Assist that warns the driver should they nod off at the wheel. Collision Prevention Assist warns

Fuel economy

To assist in the fuel-economy department, the CLA250 uses technology that shuts off the engine when the car comes to a stop, such as at a red light. Once the brake pedal is released, the CLA starts right back up.

Compare



1 Acura TSX
Base price: \$36,000



2 Cadillac ATS
Base price: \$36,850

Design

The CLA's aero design looks are pencil-sharp, but you should think twice if transporting four or more adults is on your agenda. Even though the CLA is physically larger than the previously base C-class sedan, function follows form and the form in this case is a lowered roofline that restricts rear headroom.

when a forward collision appears probable and will apply the brakes if the driver doesn't.

Of the various equipment groupings available, the Premium Package is expected to be one of the most popular since it adds dual-zone climate control, heated front seats and a premium Harmon-Kardon surround-sound system. Much of this equipment and then some

will be added to the CLA45 AMG, but will also be reflected in the car's list price that's expected to nudge the \$60,000 mark. For those with thinner wallets, the \$35k Mercedes-Benz CLA250 should do just fine. Its show-stealing shape is practical enough for singles or small families. It might even turn competing sedan marketers into copycats.

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Top sedans give the trunk the boot

Autopilot. Making the back of the car discreet, stylish and aerodynamic appears to be the trend in the high-end market



**AUTO
PILOT**
Mike Goetz
drive@metronews.ca

Darwin's Theory of Evolution not only applies to flora and fauna, but also to automotive design. When an automotive design mutation shows up that aids the survival of a particular model, the mutation is selected to be passed on to the next generation of vehicles.

One such successful mutation we're suddenly seeing passed on to more and more vehicles is the four-door sedan with a "no-trunk look."

Sedans have historically had what designers call a three-box layout; one box for the engine, another box for

the occupants, and another box for the trunk. Now we're seeing four-door sedans in a one-box or two-box layout. Trunks are being incorporated into the main box. They no longer have a box of their own. I don't know if that makes trunks sad, but we should probably take it easy on them for a while, just to be nice.

Three factors are pushing trunk design in this direction.

Aerodynamics

The higher and shorter you can make the trunk lid, the better it is for aerodynamics, and aerodynamics nets you lots of good stuff, like fuel efficiency and high-speed stability.

Capacity and space efficiency

The long and low trunk stuck on like an appendage, is not as space efficient as a taller, shorter, and squarer trunk that has also expropriated some of the occupant box.

Aesthetics

Four-door sedans with small trunks, like the new

Mercedes-Benz CLA, or four-door sedans with a hatch-like lift-up tailgate, like the Audi A7, just look sleeker.

And with this development we have to evolve the terminology as well. Automakers seem disinclined to even call them "sedans," sensing that the term might have too much old-world baggage (in their trunks and elsewhere). Mercedes-Benz refers to the CLA-Class a four-door coupe, and the full name of the A7 is the Audi A7 Sportback.

Commenting on this development in his blog, Luca Ciferri, the European correspondent for the trade publication, Automotive News, mused that, "as these new interpretations of the classic sedan move from being one-offs to full-fledged model lines it is easy to see that we are entering the post-sedan era."

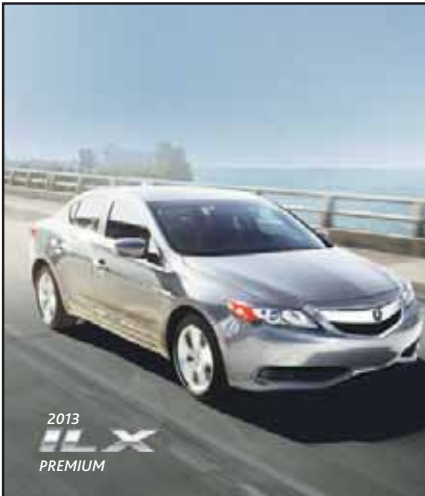

I think it will be an exciting era. Maybe not as exciting as the post-apocalyptic era, you know, the one with all those zombies, but things should be happening.






The Audi A7 coupe's trunk merges into the rest of the vehicle and increase the car's aerodynamic capabilities.



The new Mercedes CLA250 has a very discreet trunk. BOTH PHOTOS HANDOUT





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2013 Chrysler 200 S shown.[§]

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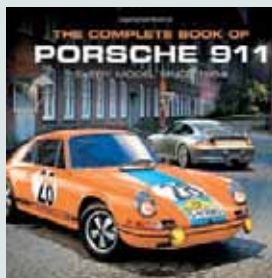


Parts Department

WHEELBASE MEDIA

911 at 50

Rabid Porsche fanatics already know this, but 2014 marks the 50th anniversary of the auto-maker's iconic 911 sports car. To commemorate this milestone, author Randy Leffingwell has composed *The Complete Book of Porsche 911: Every Model since 1964*. His 288-page tome examines in chronological and pictorial detail the history of the marque, including a review of prototypes and competition versions. Also included is a statistical documentation of the 911's evolution through the past five decades plus production numbers for each year. Leffingwell's *The Complete Book of Porsche 911* is originally listed for \$45 but motorbooks.com and amazon.com will sell you a copy in the low \$30 range.



Hold the phone

Hands-free is the only way to drive, and one of the only ways to use your Apple iPhone or Samsung Galaxy in your vehicle is to mount it to a RAM Universal X-Grip holder. The rustproof device features a suction cup that secures it to glass or non-porous plastic surface, or a RAM adhesive disk. The spring-loaded four-leg X-Grip expands and contracts so it can hold a variety of cellphones securely in place with or without their protective cases attached, while the patented pivoting rubber-ball-and-socket system lets you adjust and articulate the phone to virtually any position. The RAM X-Grip is priced at \$53, but the company also sells a variety of tablet holders starting at \$57.50. Visit rammount.com.



When simplicity is key

If you believe that simple is better, the Minimalist II combination key holder and bottle opener might be for you. Since 1950, California-based J.L. Lawson and Co. has specialized in designing and machining low-volume products that are made from hot rolled steel. The company's "key shackle" is designed to contain just a few keys (that's why it's called Minimalist, of course), but it also comes with a ring for car fobs and keys with built-in remotes. Each key holder is coated with metal oil and wax that helps slow corrosion. Choose from the blackened patina or stainless-steel versions with prices ranging from \$42 to \$58. View the company's product line at jllawsonco.com.



Film star

You need more than just washing and waxing to protect your vehicle's finish. That's the point of 3M's Paint Defender System. Once the painted surfaces (hoods, bumpers, rocker panels, etc.) have been masked off, cleaned and waxed, the liquid product is then applied using a special spray trigger. Once dry, Paint Defender turns to a clear film that protects against rocks, bugs, dings and scratches for up to one year. To remove, the coating peels off as if you're removing plastic wrap, without harming the vehicle. Paint Defender sells for \$25, but the separate sprayer is \$8 while the optional prep package containing plastic sheeting and masking tape is another \$12. For more info and complete dealer list go to 3MAuto.com.



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© 2013 Mercedes-Benz Canada Inc. 2013 B 250/2013 C 300 Sedan with Premium & Sport packages/2013 GLK 250 BlueTEC 4MATIC™ shown above, National MSRP \$29,900/\$43,540 (base \$39,990, plus optional Premium Package valued at \$2,350 and optional Sport Package valued at \$1,200)/\$43,500. **Total price of \$32,540/\$46,180/\$46,140 and down payment include freight/PDI of \$1,995, dealer admin fee of \$495, air-conditioning levy of \$100, EHF tires, filters, batteries of \$16, PPSA up to \$27.80 and AMVIC fee of \$6.25. *Lease offers based on the 2013 B 250/2013 C 300 4MATIC™ No Charge Premium (\$2,350) and Sport (\$1,200) Packages/2013 GLK 250 BlueTEC 4MATIC™ available only through Mercedes-Benz Financial Services on approved credit for a limited time. Lease example based on \$298/\$328/\$448 per month for 48/48/36 months. Down payment of \$5,190/\$8,040/\$8,340 plus security deposit of \$300/\$400/\$500 and applicable taxes due at lease inception. MSRP starting at \$29,900/\$43,540/\$43,500. Total discount of \$4,000 on the C 300 4MATIC™ Sedan, thereof \$1,200 applied to Sport Package, \$2,350 applied to Premium Package, with balance of \$450 applied to down payment. Lease APR of 2.9%/1.9%/2.9% applies. Total obligation is \$19,745/\$24,156/\$24,942. 18,000 km/year allowance (\$0.20/km for excess kilometres applies). Finance example is based on a 60-month term with a finance APR of 0.9% and an MSRP of \$29,900/\$43,540/\$43,500. Monthly payment is \$459/\$606/\$667 (excluding taxes) with \$5,630/\$6,639/\$7,020 down payment. Cost of borrowing is \$620/\$819/\$901 for a total obligation of \$33,132/\$42,971/\$47,014. Vehicle licence, insurance, and registration are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offer ends July 31, 2013.

The future is now: Let your car do the work

Driving force. The self-driving vehicle is no longer science fiction as Mercedes prepare to launch their Intelligent Drive system

**JIL
MCINTOSH**
drive@metronews.ca

Cars that can drive themselves have long been part of science-fiction stories, and a few experimental models have actually made their driverless way across test tracks and through city streets. But later this year, you'll actually be able to buy one.

It won't take you all the way to work or the cottage by itself, but the all-new 2014 Mercedes-Benz S-Class

Facts

- **Signals.** The S-Class's radar and stereo camera provide independent signals as a safeguard, so the car can compare their data.

- **Self parking.** The S-Class can park itself, identify pedestrians and animals at night with infrared cameras and warn if it detects that you're too tired to drive.

- **Self driving.** The self-driving system will eventually be available in other Mercedes-Benz models as well.

We have the technology...

"More than 20 different sensors are built into the car, and we combine these into a complex system that can manage complex situations."

Dr. Thomas Weber, member of the board of management for Mercedes-Benz Cars Development

can stop, accelerate, and steer itself for short periods when its optional Intelligent Drive system is activated.

"More than 20 different sensors are built into the car, and we combine these into a complex system that can manage complex situations," says Dr. Thomas Weber, member of the board of management for Mercedes-Benz Cars Development. "We fuse all of the sensors and connect them with intelligent software."

The self-driving feature builds on systems already available from Mercedes-Benz and several other automakers, including cruise control that can keep a pre-set distance from a vehicle in front; collision mitigation that stops the car if the driver doesn't brake when a crash is probable; lane-keeping that knows if the car veers over the line and applies selective braking to help bring it back.

Cameras also determine if other vehicles are alongside; and electric power steering, which uses a software-controlled motor rather



er than a hydraulic pump.

The S-Class uses a radar system in the grille and a stereoscopic windshield-mounted camera, working together, to monitor the vehicle ahead of it.

When activated, the autonomous steering uses the lane markings and the movement of the vehicle ahead to guide the car's

movement. It can follow bends in the road, but can't turn a corner.

After 10 seconds, the self-steering system warns the driver to take control. If he doesn't, it shuts itself off. The system is capable of driving longer but isn't programmed for it, since current global traffic regulations won't permit it.

"We are in discussions with regulators, based on these technologies, to move step by step in the direction where more autonomous features are allowed," Weber says.

The auto-driving feature is meant for traffic jams, where drivers can focus their attention elsewhere. Once the road clears, they

can enjoy driving the car themselves.

But at some time in the future, you might be able to set your destination and sleep through the trip while your car takes you where you want to go.

"That's not possible as of today," Weber says, "(but) with the S-Class, we have the first important step."

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1.8 SL model shown*

SL AWD model shown*

3.5 SL model shown*

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A white Mercedes-Benz S-Class sedan is shown from a front-three-quarter view, parked on a paved surface in front of a building with a yellow caution tape across the entrance. The car features a large chrome grille, multi-spoke alloy wheels, and a blue license plate. The text "The new Mercedes S-Class can stop and steer itself for short periods. PROVIDED" is overlaid at the bottom of the image.

The new Mercedes S-Class can stop and steer itself for short periods. PROVIDED



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Versa loved for space and reliability

Second gear.

2007-2013 Nissan Versa Hatchback

JUSTIN
PRITCHARD
drive@metronews.ca

Fuel-efficiency, comfort and a bigger-than-it-looks cabin helped set the Nissan Versa hatchback apart in the marketplace — and formed the foundation for a successful and flexible hatchback model from the Japanese automaker. Five doors, four cylinders and a generous 2,682 litres of interior volume helped cement the model's reputation for top-line spaciousness and fuel economy in a compact and easy-to-drive package.

Feature content included a premium audio system, Bluetooth, an intelligent key system, and an exciting sport package. Key competitors included the Toyota Yaris and Honda Fit.

Common issues

Once the model you're test-driving is warmed up, kill the stereo and climate control fan and stop the vehicle, leaving the automatic or CVT transmission in "Drive". You're listening for a rattling noise which could be the result of a loose or improperly-installed motor mount. Though rare, there have been reports of "piston slap" during cold starts, as well as potential oil burning, as a precursor to engine failure. This issue only seems to have affected a handful of units — but be sure the Versa Hatch you're considering sounds healthy at idle with the hood popped, that it performs smoothly and doesn't make any unwelcomed noises. A mechanic can help. The Continually Variable Transmission seems to be fairly worry-free, though some owners have reported issues and replacement under warranty. Possible trouble signs include a rattling noise, difficulty shifting between reverse and drive and sporadic behaviour in terms of revving and shifting. Shoppers concerned with the CVT can have a Nissan mechanic test-drive the vehicle they're considering, or simply opt for a unit with the manual transmission.



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Engine



All models were powered by a 1.8 litre four-cylinder engine with 122 horsepower. Transmission choices included a six-speed manual, a four-speed automatic or an Xtronic CVT transmission, depending on the model selected.

The verdict

Nissan's shot at the Toyota Yaris and Honda Fit boasted surprising spaciousness and comfort — and it looks fairly reliable, too. A well-maintained model with five-speed manual transmission is ideal for long-term confidence.

What owners like



Versa Hatchback earned praise for generous headroom and cargo capacity, easy entry and exit, decent performance and plenty of space and flexibility for easy adaptability to a variety of tasks, trips and lifestyles.

What owners dislike



Many owners wish their Versa Hatchback was sportier. Though performance was said to be decent, it wasn't exciting — and a numb steering feel and soft-set suspension didn't do the handling any favours, either.

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© 2013 Mercedes-Benz Canada Inc. 2013 C 300 Sedan with Premium & Sport package shown above, National MSRP \$43,540 (base \$39,990, plus optional Premium Package valued at \$2,350 and optional Sport Package valued at \$1,200). **Total price of \$46,180 and down payment include freight/PDI of \$1,995, dealer admin fee of \$495, air-conditioning levy of \$100, EHP tires, filters, batteries of \$16, PPSA up to \$27.80 and AMVIC fee of \$6.25. *Lease and finance offers based on the 2013 C 300 4MATIC™ No Charge Premium and Sport package available only through Mercedes-Benz Financial Services on approved credit for a limited time. Lease example based on \$328 per month for 48 months. Down payment or equivalent trade of \$8,040 plus security deposit of \$400 and applicable taxes due at lease inception. Total discount of \$4,000, thereof \$1,200 applied to Sport Package, \$2,350 applied to Premium Package, with balance of \$450 applied to down payment. Lease APR of 1.9% applies. Total obligation is \$24,156. 18,000 km/year allowance (\$0.20/km for excess kilometres applies). Finance example is based on a 60-month term with a finance APR of 0.9% and an MSRP of \$43,540. Monthly payment is \$606 (excluding taxes) with \$6,639 down payment or equivalent trade in. Cost of borrowing is \$819 for a total obligation of \$42,971. Vehicle licence, insurance, and registration are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offer ends July 31, 2013.

Putting the Ow! in Audi: Car tops sleazy poll

Illicit Encounters.

Cheating UK website lists the German brand as the favourite vehicle of its unfaithful customers

A new poll by the popular U.K. website Illicit Encounters, which caters to married people who cheat on their spouse, reveals that a massive 22.21 per cent of their users drive Audis.

In a followup to last year's

poll, BMW drivers have slipped into second place, Carbuzz reports.

And while this is hardly the most empirical evidence in existence, it does suggest a certain psychological bent, Illicit Encounters spokesman Mike Taylor said on the company's blog.

"Cars can reveal a lot about their owners," Taylor said. "All the cars in the top five represent our members; they are typically successful, motivated, high achievers who are less likely to settle for something

they find unsatisfying, be it a car or a relationship. Car manufacturers know this and Mercedes even famously used infidelity to advertise their cars with the banned 'Not In This Weather' advert."

It seems German manufacturers are the most favoured by Illicit Encounters members with Mercedes Benz coming in third in the study of the dating site's 800,000 members, while

the exception, Volvo (Swedish), came forth and Volkswagen finished the top 5.

The car brands with the fewest number of adulterers were French (Peugeot and Renault).

The website's poll also found that 72 per cent of Illicit Encounters members were likely to change cars within three years to refresh to a newer brand or model. Make of that what you will. **WHEELS.CA**



Naughty wheels: The number one car brand used by cheaters is the Audi, based on a survey. **ISTOCK**

Car insurance just got more precise

Ask any driver across the country about what upsets them most about owning their car and chances are they'll say one word: insurance.

Not only does it seem to go up every year but there doesn't seem to be a way that a good driver can control his or her rates, until now. A system called usage-based insurance tracks a driver's habits and analyzes the data in order to calculate any potential insurance savings. It's a program that has been common in the United States, Britain and Europe for several years. Now, Canadians can start taking advantage of this tool.

This past May, Desjardins Insurance launched its usage-based insurance program — Ajusto. New and existing customers of Desjardins Insurance in Quebec and Ontario will be among the first in the country to use this new program and potentially save up to 25 per cent in addition to other savings offered by Desjardins Insurance. Ajusto will be launched in other provinces over the coming months.

"This is truly an innovative and personalized technology that will help transform the traditional model of car insurance. By tailoring premiums to individual driving habits in addition to traditional predict-

ive factors such as age, gender, type of vehicle and home location, drivers can now take control of their savings," said John West, vice-president of Business Development at Desjardins Insurance. "Our studies show that our employees who participated in the Ajusto pilot program were on track to achieve an average additional savings of 12 per cent."

So how does it work? Ajusto is a free and voluntary program for owners of cars made in 1998 or later with limited exceptions. The driver's habits are tracked through a small wireless telematics device that is easily installed into the vehicle's diagnostic port, usually located under the steering wheel.

The data is collected and updated daily into an online dashboard. The customer can then access the dashboard to view a graphic of their savings. This same information is then used by Desjardins Insurance on a confidential basis solely to determine applicable savings upon renewal.

Premiums will not increase as a result of participating in the program nor will it result in any other adverse effects. Customers can opt-out of the program at any time and without penalty. **NEWS CANADA**



Desjardins Insurance are the first to bring in new usage-based insurance policies. **NEWS CANADA**

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Mileage matters most: The return of the 1.0h!

Autoknow. Three cylinder engines, smaller than what you find in your average motorcycle — it's the little engine that could

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Who could ever have seen this dramatic transformation coming in the world of automotive engineering: it's actually a very small package grabbing all the big headlines.

The longtime battle for finding more speed and greater power from six-cylinder and V8 engines has evolved into an auto-builder battle for the best fuel efficiency through shrinking engine size.

With gasoline already about \$8 a gallon in Europe, the equivalent of almost \$5 in Canada and near \$4 in the United States, automakers are betting that smaller is better when it comes to enticing buyers. Ford is carrying the less-is-more torch and will introduce a turbocharged 1.0-litre "EcoBoost" three-cylinder engine to North America with its 2014 Fiesta subcompact this fall. It's the first three-cylinder automobile engine introduced in the United States in more than a decade.

Through the magic of turbo-charging, Ford expects this little power plant — small and light enough for the engine block to be carried in a suitcase — to deliver 123 horsepower and 148 pound-feet of torque while pulling down almost 50 miles per U.S. gallon on the highway (about 4.7 l/100 km).

"This is going to allow you to take saving gas to a whole new level," said Chris Woodward, automotive editor and

Quoted

"This is going to allow you to take saving gas to a whole new level."

Chris Woodyard, automotive editor and analyst for USA Today

analyst for USA Today.

Ford's little three-cylinder EcoBoost engine is considered such an engineering marvel that it was recently named the International Engine of the Year for the second year in a row. That's solid evidence that turbocharged three-cylinder engines are poised to send non-turbo four-cylinder engines to the back of the bus. The three-cylinder is already wildly popular in Europe and expected to have a strong impact in the North American market when the Fiesta is launched in the fall.

Ford of Europe recently announced plans to triple annual production of its vehicles with EcoBoost (Ford's trade name for turbocharging) engines to about 480,000 by 2015 — up from 141,000 in 2011 — with about 300,000 of those vehicles carrying the 1.0-litre engine.

Not to be left behind, General Motors is making a U.S. \$215 million investment into an engine plant in Flint, Mich., to produce three and four-cylinder engines displacing as little as 1.0 litre. GM's smallest production engine to this point is the 1.2-litre four-cylinder for the Chevrolet Spark subcompact.

BMW is also bringing a three-cylinder engine to North America in its i8 hybrid sports car, and Daimler has swapped some secrets with Ford, gathering engineering data from the EcoBoost engine for a possible collaboration with Renault-Nissan for a three-cylinder vehicle.

Audi, Mini, Volkswagen and Peugeot top the list of other manufacturers considering an investment into this new generation of "triples", as the engines are often called.

Each of these auto builders is expected to spend millions on the promise that the three-cylinder engine will stand up to hybrids and all-electric vehicles in efficiency, while offering the convenience of gasoline power with a significantly lower price. The 2014 Fiesta starts at about \$14,500 plus shipping, which could turn Ford's three-cylinder

you are better off."

Mike Omotoso, senior manager of global powertrain forecasting for analysts LMC Automotive, predicts the production of 1.0-litre engines will rise 44 per cent worldwide to about 30 million by 2017, compared to only a two per cent growth rate in 4.0-litre or larger engines to about 4.2 million. Ford is even ceasing production of its non-turbo 1.6-litre four-cylinder engine that has been a staple of engine design for decades.

"There has been a cultural shift," Omotoso said. "Auto-

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gamble into a game-changer in the ultra-competitive small-car segment.

"You may save money on gas (with a hybrid or EV), but if you charge a whole bunch more for the car or the engine, then you're not saving a lot," said Woodyard, pointing out that hybrid and EV sales continue to fall short of expectations. "The goal for manufacturers is to find out how inexpensive you can make driving. And anytime you can do it with the regular gas engine,

makers have gone from bragging about big V8s to (celebrating) better gas mileage on the

Appeal

"Automakers have gone from bragging about big V8s to (celebrating) better gas mileage on the highway."

Mike Omotoso, senior manager of global powertrain forecasting for analysts LMC Automotive



The Ecoboost: A small engine can now go in big and small vehicles. **WHEELBASE**

highway."

Based on the investment and interest from manufacturers, the three-cylinder engine continues to gain plenty of momentum in the automotive industry, but not before some painstaking engineering helped to find the proper balance in an unusually configured three-cylinder compared to the traditional four-cylinder engines.

Three-cylinder engines are inherently unbalanced, and the natural shaking and vibrations are more pronounced in an engine with fewer cylinders. Ford's design added weight to the flywheel and the pulley at the front and back of the engine to help smooth out performance.

"With technology as mature as the internal combustion engine, it's very rare to achieve a true breakthrough," said Joe Bakaj, Ford's vice-president of

global powertrain. "But that is exactly what the team accomplished with this engine. You have to drive it to believe a small three-cylinder engine can deliver such performance and fuel economy."

Worldwide, these three-cylinder engines are still best known for their use in motorcycle models from Honda, Kawasaki, and Suzuki, among others. And there is also a history — though not much of one — from the 1980s of some archaic and uninspiring triples powering tiny cars made by Subaru and Daihatsu.

So how small can you go? And does the resurrection of the three-cylinder pave the way someday for the introduction of the two-cylinder engine? "That's the big question," Woodyard said. "The answer will come from exactly what (customers) will accept."



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Horoscopes

Aries

March 21 - April 20

There are so many positive factors at work in your life that you would be a fool not to set your sights high. Uranus, planet of changes, urges you to be adventurous. But do you really need encouragement?

Taurus

April 21 - May 21

Not even a Taurus can be confident all the time and there will be times today when you fear the worst. Take a long, hard look at your life but don't change things just because you're feeling low.

Gemini

May 22 - June 21

You will be spreading your opinions over the next 24 hours. Not everyone will agree with you, of course, but because you say it with such confidence it's unlikely they will argue with you.

Cancer

June 22 - July 23

Employers are on your side now, so think how you would like to move up in the world then let them know you are ready. If in doubt, aim to do something completely different to what you usually do.

Leo

July 24 - Aug. 23

Travel is very much on the cards today. You don't need to have a specific destination in mind, just get up and go where your fancy takes you and you are guaranteed to have fun.

Virgo

Aug. 24 - Sept. 23

Get your financial house in order. Now is the perfect time to make changes in your cash flow habits. Be aware of how wasteful you have been.

Libra

Sept. 24 - Oct. 23

You will face challenges today but you don't have to face them alone. Loved ones are always there for you and will stand by your side if you ask. Chances are you will come through unscathed.

Scorpio

Oct. 24 - Nov. 22

Cosmic activity in the work area of your chart means others expect you to deliver. The last thing you want is to let them down. Pace yourself sensibly and get it done.

Sagittarius

Nov. 23 - Dec. 21

You may be in an assertive mood but don't pick fights with people just for fun. It's good to let off steam but it's not good if you end up making enemies of people.

Capricorn

Dec. 22 - Jan. 20

Creative matters will go well today but you must not neglect affairs of the heart. Someone needs to be reminded of your passion and commitment, most likely because you have been a bit distant lately.

Aquarius

Jan. 21 - Feb. 19

You have plenty to say and you could cause a bit of friction if you come on too strong. Sometimes it pays to steer clear of facts that others may not want to hear.

Pisces

Feb. 20 - March 20

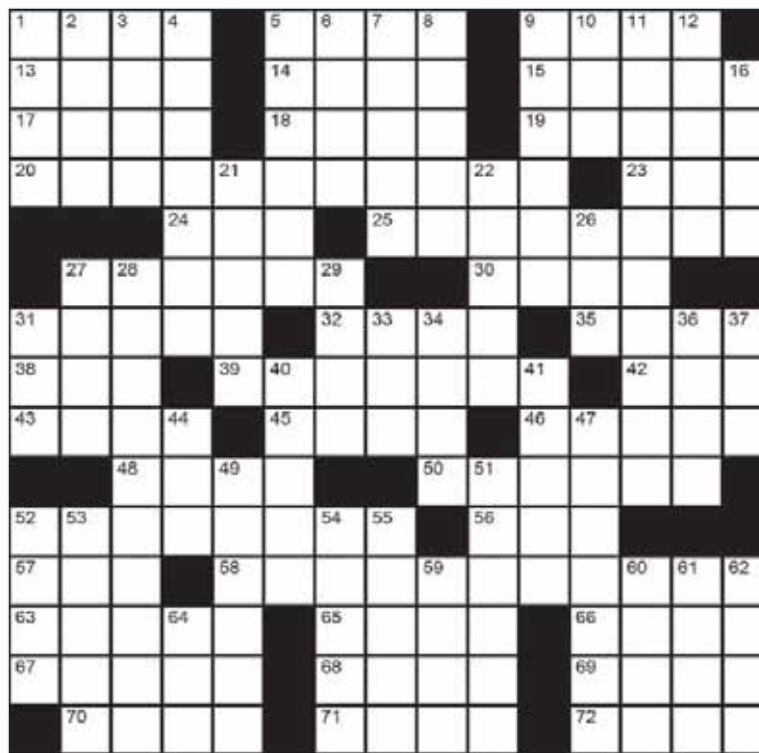
Positive cosmic activity in the money area of your chart will give you the courage to make much-needed changes. You may have to cut back on luxuries for a week or two.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Ms. Helgenberger
5. Monsieur Le Pew
9. Valley
13. Mideast chieftain, variantly
14. Q. "Do you prefer FM radio ____?" A. "Both, actually."
15. Verbal tests
17. The Ramayana heroine
18. Certain cracker
19. Surrealist artist Max
20. Toxic clean-up togs: 2 wds.
23. ____ casting
24. Gladiator's 1002
25. Glass Tiger lead singer: 2 wds.
27. Strong military city of ancient Greece
30. Decorative case
31. Sound loudly, as a radio
32. Singer/songwriter Lisa
35. Company bosses, collectively [abbr.]
38. Mouth, slang-style
39. Nuclear ____
42. Bit of Beatles: "Isn't ____ bit like..."
43. She sheeps
45. Non-vegetarian fare
46. Band of eight
48. Value
50. Have ____ of energy
52. Who The Band backed: 2 wds.
56. Riddle-me-____



57. "...am right ____ am wrong..." - The Beatles
58. ____ and Immigration Canada
63. "Blame It ____" (1984) starring Michael Caine
65. First name letter,

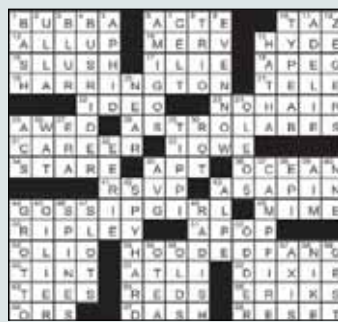
- e.g.
66. Ms. Reid
67. Celebrity chef Mr. DiSpirito
68. Quash
69. Creams company
70. Subsequently
71. "____ Brockovich"
72. Opposites of ouis

Down

1. Bangers and ____ (Pub serving)
2. "What ____ mind reader?"
3. Crackers brand
4. It's about sentences, etc.
5. Sticky notes brand
6. Ancient Greece's love god
7. The Taming of the Shrew setting
8. Internet mode of communication
9. Platinum Blonde hit: "____ Really Matter"
10. ETA part, for short

11. First Nation concern: 2 wds.
12. Vintage dairy products cow
16. Goulash
21. Broadcaster
22. Billy Blanks fitness system: 2 wds.
26. Fee-fi-fo-____
27. Shredded cabbage
28. Alternate name of Saskatchewan's provincial tree: 2 wds.
29. Winglike parts
31. "Adieu."
33. Wood sorrel
34. Songstress Ms. James
36. Encounter
37. Rat-a-____
40. Ms. Sande of recent hit "Next to Me"
41. 1431: French city where Joan of Arc was executed
44. Down
47. BC locale of Columbia Brewery
49. Mogul
51. Cape ____ Island
52. Barbarian
53. 'Ripley's Believe It' finisher: 2 wds.
54. 'Decor' finishing?
55. Ten-er - One-er = What-er?
59. Tube-shaped pasta
60. Beyonce ballad
61. Persia, nowadays
62. Remunerations
64. Drink chiller

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 25°
MIN: 12°

THURSDAY



MAX: 28°
MIN: 15°

FRIDAY



MAX: 31°
MIN: 13°



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